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{ Behind the scenes }

on GBF



Deputy editor Tom having a well earned beer break. See our top craft ales on p.83



Having a 'backstage tour' of Yevo Valley's Somerset dairy farm on p. 100



Photographing our favourite Easter chocs - see the finished shot on p.87

Welcome...



COVER RECIPE:
FRANKTHEPHOTOGRAPHER.COM/
WOMAN'S WEEKLY/
TIMEINCUKCONTENT.COM

For British food lovers, it doesn't get more exciting than the start of spring. The simple pleasure of lightly cooked asparagus, with buttery hollandaise or a boiled egg on the side for dipping, just cannot be overstated, and from April onwards the good things keep on coming!

Spring is the perfect time to freshen up your kitchen repertoire and we're celebrating with lots of delicious inspiration. Both Heston and Mary Berry are on board to show you how to make the most of your Easter

roast (p.102), while Rachel Khoo's easy seasonal suppers (p.26) are just the thing for lazy bank holiday entertaining. It wouldn't be Easter without a big batch of warm-from-the-oven bakes, and Tom Herbert's ultimate hot cross buns (p.98) are so much more tasty than anything bought from the supermarket. The young at heart will also love our beautiful retro-inspired cakes on p.36; there's something for all ages, from fondant fancies and battenberg to a glorious lemon meringue layer cake that would make a fab Easter centrepiece.

And don't forget to vote for your British food favourites in our 2015 Farm Produce Awards! Fill in the form on p.89 or vote online at greatbritishfoodmagazine.com/awards to be in with a chance of winning an amazing prize.

Dig in!

Natasha

Editor

natasha@aceville.co.uk



MEET THE EXPERTS



RACHEL KHOO'S TASTY SEASONAL RECIPES ARE PERFECT FOR SPRINGTIME COOKING ON P.26



OUR FAVOURITE FRENCHMAN RAYMOND BLANC TALKS GOOSE-BERRIES, JERSEY ROYALS & GROWING YOUR OWN ON P.92



REAL BREAD CAMPAIGNER TOM HERBERT SHARES HIS FAMILY RECIPE FOR THE ULTIMATE HOT CROSS BUNS ON P.98



THREE MICHELIN-STARRED CHEF & GORDON RAMSAY PROTÉGÉE CLARE SMYTH SHARES HER FOODIE LOVES AND HATES ON P.146

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Published by

Aceville Publications Ltd,
21-23 Phoenix Court, Hawkins
Road, Colchester, Essex, CO2 8JY

Newstrade Sales

MarketForce 0203 148 3300

Next Issue 2nd April



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Over to *you*

What you're up to in the kitchen this month



Star Letter

After reading a piece in your last issue which mentioned the culinary hotspots of North Wales, my family and I decided to treat ourselves to a foodie weekend break. We popped to the gorgeous coastal town of Conwy and were blown away! We're not very far from there, so the journey wasn't too arduous and the breathtaking castle was enough to keep the kids busy. We're already counting down the days until we can go back and have the amazing Welsh rarebit we all enjoyed so much!

Kerri Clements, via email

We couldn't agree more, Kerri! Check out p.74 of this issue for a guide to cooking the ultimate Welsh rarebit.

#LoveYourDeli

Over the last couple of months we've been asking you to name your favourite delis and why you hold them so dearly. This month our Twitter feed was inundated with lovely praise for Earsham Street Deli in Bungay, Suffolk. earshamstreetdeli.co.uk

@cavendishcooks

Try @EarshamStDeli #awardwinning!

@olibennett

I also endorse @EarshamStDeli big time, great place!

@mervhoneywood A warm welcome that makes shopping a pleasurable experience



Your Kitchen Creations

SOME OF YOUR REPLIES TO OUR CALL FOR YOUR BEST HOMEMADE DISHES

@orangemartini Last night we had the Devon crab cakes from the March issue

@thegardenchefuk I made a cow Bakewell tart for my lovely cow loving friend. Frangipane, sponge and almond icing!

@astronomer14 I'm making a good old fashioned northern meat and potato pie

@yumptiouscakes Jammy dodgers!



WIN!



WRITE US A STAR LETTER AND WIN THIS COCKTAIL COLLECTION!

World of Zing's Cocktail Collection gives you an award-winning cocktail bar experience in the comfort of your own home. It's the perfect online store for experimental and interesting ingredients, from chillies and herbs to artisan condiments and craft cocktails. worldofzing.com

Great British Food readers get 10% off using the promo code GBF15 (valid until 6 April 2015)



This month on Twitter and Facebook, we've been a bit baking obsessed and received stunning photographs of some rather glorious looking cakes and bakes from our readers. We've also been continuing our #LoveYourDeli campaign and are still learning about great new delis on a weekly basis! It's been a really fun month, so keep your letters, tweets and messages coming by following @buybritishfood or write to james.fell@aceville.co.uk

WOOKEY HOLE CAVE AGED FARMHOUSE CHEDDAR

*A traditional West Country Farmhouse Cheddar
aged deep within the caves at Wookey Hole*

A TASTE OF ADVENTURE...

Wookey Hole Cave Aged Cheddar is a PDO traditional West Country Farmhouse Cheddar handmade in Dorset and aged in Somerset's famous Wookey Hole Caves. It is rich, tangy and mature in flavour and further enhanced with the distinctive, earthy and nutty aromas from the Cave - a delicious Easter treat.



This month

NEWS ★ HOT PRODUCTS ★ PEOPLE ★ EATING OUT ★ WHAT'S ON

Local, Seasonal, Brilliant!

April kicks off the most exciting time of year for British produce – asparagus, broad beans, cauliflower and spring greens are all coming into season. If you want to sink your teeth into something a bit meatier, then get your hands on some lobster or native oysters and, if you can find them, morel mushrooms are a delight



IN THE
SPOTLIGHT

This delicious looking dish of lamb, Jersey Royals, peas, early carrots and asparagus is basically British springtime on a plate – some of our best produce cooked as simply as possible. It certainly makes a welcome change from the stodgier fare of winter.
For more recipe ideas using Jersey Royals visit jerseyroyals.co.uk



Pick of the MONTH

Our favourite food, drink and accessories to celebrate the season with



TOP TOWEL

Stylish tea towels never go amiss, and this one is no exception. **Yellow & Blue Peardrops Tea Towel**, £6.95, thewisehouse.co.uk



BIRD WATCHING

A few of these will bring a splash of colour to any kitchen. **Bold Blue Tit Coaster**, £3.50, marthaandhepsie.com



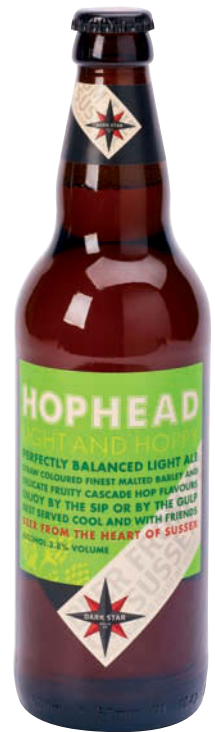
HOP TO IT

These cute little cookie cutters will get the whole family baking biscuits. **Easter Treat Cookie Cutters**, £7, driftliving.co.uk



SPECIAL SUDS

Bursting with fruity flavour, this easy-going ale is incredibly drinkable. **Dark Star Hophead**, £27.60 for 12x500ml bottles, darkstarbrewing.co.uk



PIE EYED

Filled with chicken, bacon, mustard, red peppers and curry powder, this hand-raised beauty is a real treat. **Legges of Bromyard The Duchess Pie**, £5.50, leggesofbromyard.com



WELL PROTECTED

Put an end to burnt fingers with this nicely illustrated oven glove. **Birdy Oven Glove**, £12, maggieline.com



NATURE'S BOUNTY

A jug fit for the kitchen table and the perfect way to welcome in spring. **Kitchen Garden Ceramic Jug**, £15, tch.net



Happy eating

WHAT WE'RE UP TO THIS MONTH

Natasha, editor



Instead of relying on all the amazing British chocolatiers around at the moment, I've delved into the world of chocolate tempering (see p.75 for some tips on how to do it yourself). It's actually quite simple, and after creating several trays of dull-looking truffles (don't worry, they certainly weren't wasted!) I reckon I've cracked the code to shiny, professional-looking chocolates.



Tom, deputy editor

I've always known duck eggs are superior to the run-of-the-mill offerings of a mere hen, but recently they've become a bit of an addiction. Sundays now mean waking up, frying a duck egg, toasting an English muffin with some melted Cheddar on top and making myself one of the nicest sandwiches known to man. I just hope it doesn't spiral out of control and I end up trying to fry an ostrich egg every weekend!



HEN PARTY

For most kids, Easter means an abundance of chocolate eggs and a sense of regret soon after devouring the entire lot. To try and prevent early morning stomach aches, get everyone to spend the day making these cracking egg and chick cookies instead – they'll still get inhaled, but everyone will (hopefully) have learned a thing or two about baking! Find the full recipe at thehappyegg.co.uk

GBF's Shopping Basket



Simply Ice Cream's new flavour, Mango & Passionfruit sorbet, is exotic and has a tangy twist. **£4.99 for 500ml pot,** simplyicecream.co.uk



One of the nicest yoghurts we've had in a long time – not too sweet and very moreish. **Rachels Inspirations Apple & Butterscotch Flavour, £1.99,** Waitrose



A deliciously spicy chorizo made in Yorkshire with fantastic quality meat and great taste. **Three Little Pigs Chorizo, £7.99,** Selfridges



Innovative new flavours from Purbeck Ice Cream include locally grown Wasabi, aromatic Sweet Fennel and Blood Orange Sorbet. **£5.20,** purbeckicecream.co.uk

CHEESE OF THE MONTH... CAPRA NOUVEAU

WITH ANDY SWINSCOE, CHEESEMONGER OF THE YEAR

Sarah Hampton has been making cheeses on her Shropshire farm for over a decade, and in the last year her Capra Nouveau goat's cheese has developed into something truly outstanding. Washed in cider for three months, the cheese is supple and fruity with a gentle sweetness – delicious!

For more information on Andy's shop in Yorkshire visit thecourtyarddairy.co.uk



Q&A

Lisa Faulkner



THE CELEBRITY MASTERCHEF WINNER TALKS DEVON, ROAST CHICKEN AND MARMITE

What do you find hardest when putting together a cookbook?

I find that working out how to write up quantities is the hardest part of writing a cookbook. Obviously with

baking it's different but when I'm cooking savoury meals I cook with my eyes.

If you had to pick one British county to source your ingredients from, which would it be and why?

Probably Devon. It's got a lot of coastline so the seafood in the area is fantastic. It also produces some of the most delicious cheeses in the world, which should convince any foodie looking for their next trip!

If you only had £5 to spend on dinner, what would you make?

I would make a big bowl of pasta with some roasted broccoli and one or two finely chopped chillies stirred through – delicious and cheap!

What would you have as your final meal?

No doubt about it; a roast dinner. Probably with chicken, all the trimmings and plenty of homemade gravy. I would, of course, definitely want one or two Yorkshire puddings with it as well!

“It's funny that a French Republican is now growing produce on a former royal plot!”



SAYS RAYMOND BLANC. READ THE FULL INTERVIEW ON P.92

Top cooking tip?

Enjoy what you're cooking. If you don't like making it, it'll never taste as nice.

You can only use one condiment for the rest of your life. Which would you choose?
Does a jar of Marmite count? I adore Marmite!

What's your favourite cookbook at the moment (apart from your own!)?

I absolutely love Shelina Permaloo's cookbook called *The Sunshine Diet* – it's packed full of healthy and exotic recipes. There's loads of stuff in there that you wouldn't normally eat, so it's great if you're looking for a bit of a change to your lunch or dinner!

Do you have a favourite restaurant?

My favourite restaurant at the moment is Primeur on Petherton Road in London. It's an Italian/French mash-up using seasonal British ingredients, and the menu is full of incredible dishes.

Great British Classics: Lancashire Hotpot

WHAT IS IT?

A lamb stew topped with sliced potatoes and slowly baked at a low heat. It's the county's most famous dish, and while there are many local variations, almost all contain lamb, potatoes, carrots and onion. The 'hotpot' refers to the dish it's cooked in.

WHERE'S IT FROM?

Its name should tell you that! No one knows how or when the hotpot was invented, but it was at its most popular in the 19th century, when Lancashire had a booming cotton industry. It was easy to prepare in the morning, could be left in the oven while everyone went to work, then would be ready when they got home.

WHY'S IT FAMOUS?

Everyone from *Coronation Street*'s Betty to Wallace & Gromit have endorsed the hotpot as one of Britain's best dishes, and its appearance on pub menus across the country has cemented its status as a timeless classic. The fact that it's so easy to prepare at home too means it's enjoyed generation after generation.



Bring out the big bird this Easter

BRITISH TURKEY WITH PARSLEY AND GARLIC BUTTER

Serves: 12

Per serving: 612kcal, 28.1g fat, 10.5g sat fat.

TURKEY

1 whole British turkey, thoroughly thawed if frozen
1 onion, peeled and cut into wedges
Small bunch fresh parsley
3-4 whole garlic bulbs

GARLIC BUTTER

75g butter, softened
2 large garlic cloves, peeled and crushed
2 tbsp freshly chopped parsley

GARNISH

Flat leaf parsley and lemon wedges to garnish

1. Preheat the oven to 180°C Fan/375°F/Gas mark 5. To work out the cooking time, weigh the turkey and calculate 20 mins per kg plus 70 mins (if it is over 4kg add 90 mins to the end instead).
2. Beat the butter until really soft then mix in the crushed garlic and parsley.
3. Using your fingers, carefully lift the skin up away from the breast of the turkey, but try not to tear it. Gently smear the flavoured butter over the flesh underneath.
4. Place the onion, 1 halved garlic bulb and parsley in the body cavity. Place in the roasting tin with the remaining garlic bulbs around the turkey. Cover with foil and cook for the calculated time. Discard the foil 30 mins before the end and cut the garlic bulbs in half, then return to oven.
5. Test if cooked by piercing the thickest part with a skewer. If the juices run clear, it is ready.
6. Rest the turkey on a platter for at least 20 mins. Garnish with the roasted garlic, lemon and parsley and serve with freshly cooked vegetables and creamy mash.

Easter, which falls on 5th April, is a wonderful occasion for getting the family together round the table for a nice Sunday lunch and to welcome in the new Spring.

A traditional roast is always popular and a whole succulent turkey would make an excellent and economical choice for feeding a crowd. Turkey breast also has the added bonus of being low in saturated fat so, unlike all the chocolate eggs, you can eat turkey guilt-free!

To impart a lovely fresh and zingy flavour you could place some torn herbs such as basil or tarragon inside the cavity and make a nice flavoured butter with lemon zest to rub over the skin. And that's all the prep you need to do – just cover with foil and leave the bird to roast in the oven while you catch up with your guests or do an Easter Egg hunt in the garden.

Once cooked, simply slice and serve with some seasonal vegetables and spoon over the lemony buttery juices. And what's more, you will be rewarded with lovely leftovers for a relaxing no-cook Bank Holiday the next day!

You can find various cuts of turkey in your supermarket all year round. For further Easter recipe inspiration and cooking advice visit www.britishturkey.co.uk and Follow @BritishTurkey on Twitter



WHERE TO GO FOR...

BRUNCH

Tavern Co

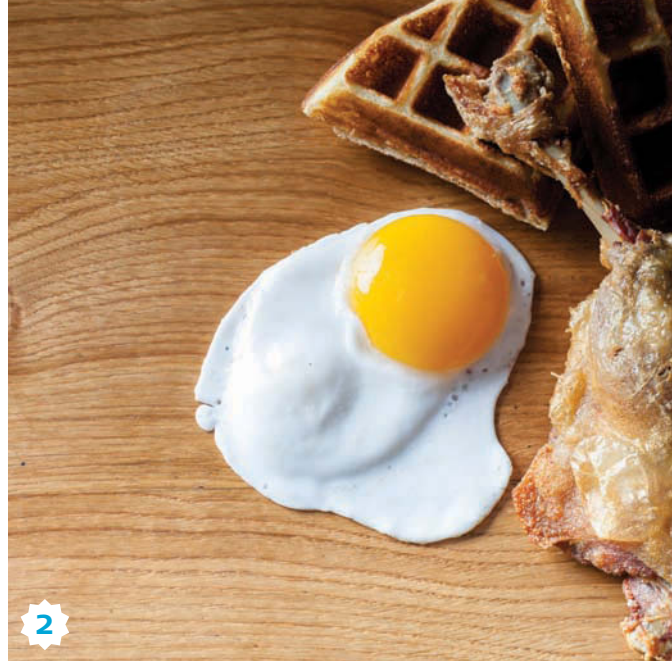
is a Mexican BBQ restaurant, but its brunch menu gives a nod to lots of lovely American-inspired dishes. Expect stacks of pancakes, French toast and particularly delicious bloody marys. **Liverpool**, tavernco.co.uk

Duck & Waffle

offers amazing views of London day or night (it's open 24 hours a day), but its brunch tasting menu is held in particularly high regard. Duck eggs, bacon-wrapped dates, smoked Mozzarella – greasy spoon this isn't! If you fancy trying to recreate the cuisine at home, check out some of the restaurant's recipes on p.85. **London**, duckandwaffle.com

Oxford

offers all day breakfasts in various sizes, but its best dish is the poached egg special – Benedict, Royale and Florentine-style eggs all on one plate, so you don't have to choose between the three. **Oxford**, oxford.co.uk



What's on

THE LEGENDERRY FOOD FESTIVAL

3 – 5 April

Derry, Northern Ireland

A delightful celebration of Northern Ireland's rapidly growing food scene. As well as the food fair where you'll be able to find all sorts of specialities to take home and enjoy, there will also be live music, cupcake decorating, beer tents and masterclasses from the likes of Rachel Allen. What more could you want?

derrycity.gov.uk

LIVERPOOL FOOD & DRINK SPRING FESTIVAL

5 – 6 April

Liverpool

Thanks to the success of Liverpool's main food festival, the organisers decided to set up another one for spring, and we couldn't be happier! There's plenty to keep the children entertained, including egg and spoon races, egg decorating and a petting



farm, while adults can get involved with the chocolate masterclasses, tuck into something from the street food zone or pick up some state-of-the-art kitchenware.

liverpoolfoodanddrink festival.co.uk

EXETER FESTIVAL OF SOUTH WEST FOOD & DRINK

24 – 26 April

Exeter, Devon

Any food festival set inside a castle has 'good day out' written all over it, and Exeter's well established event never disappoints. Double Michelin-

starred chef Michael Caines kicks everything off in the cookery theatre, while the Food is Fun teepees contain all sorts of producers, chefs and experts. It's great fun to just potter around and see what's on offer, then stuff yourself silly with all the fantastic produce.

exeterfoodanddrink festival.co.uk

BAKEWELL FOOD FESTIVAL

25 – 26 April

Bakewell, Derbyshire

For the fourth year in a row the town famous for its tart is celebrating local food and drink. The market has always proved popular thanks to the wealth of free samples on offer, and this year there'll be the chance to taste your way through some rare wines, try the many local beers and watch cookery demonstrations by professional chefs, too.

whatsonbakewell.co.uk



BRIGHTON & HOVE EASTER WEEKENDER

3 – 4 APRIL

BRIGHTON, SUSSEX

BRIGHTONFOODFESTIVAL.COM

BBC GOOD FOOD SHOW SPRING

10 – 12 APRIL

HARROGATE, YORKSHIRE

BBCGOODFOODSHOW

SPRING.COM

GREAT BRITISH FOOD FESTIVAL

10 – 12 APRIL

CLITHEROE, LANCASHIRE

GREATBRITISHFOOD

FESTIVAL.COM

BISHOP AUCKLAND FOOD FESTIVAL

18 – 19 APRIL

BISHOP AUCKLAND, DURHAM

BISHOPAUCKLANDFOOD

FESTIVAL.CO.UK



New Bottle on the Block

This little known Speyside distillery sits on the edge of a hamlet in a very rural region known as the 'Foggie Moss'; a mysterious, enchanting area full of peat deposits and natural springs. Its single malt is incredibly light and drinkable – fresh, acidic and appley – and very different from other drams in the area. **Aultmore 12 Years Old, £50, whiskyshop.com**



TREND WATCH

Congratulations to Frankie's Fish & Chips in Brae, on the Shetland Isles, as it's now officially the best fish and chip shop in the UK! The business was crowned Independent Takeaway Fish and Chip Shop of the Year at this year's National Fish & Chip Awards, thanks to the passion of the staff and quality of the fish. Looks like it's time to book that boat trip to Shetland! **frankiesfishandchips.com**



PASTIES BY POST

Craving those delicious pasties you enjoyed during childhood holidays to Cornwall? Well crave no more – Etherington's Farm Shop in Scorrier, Cornwall, is now shipping its award-winning Trevethick's pasties all over the UK! They're made by hand every day, delivered frozen to your door for free and after a quick blast in the oven, will transport you back to those idyllic seaside getaways. **£34.99 for 14 from etherington-meats.co.uk**

FOODIE BAROMETER

WHAT'S HOT

NOT SO WEE DRAM

The Scottish whisky industry now accounts for a quarter of all UK food and drink exports

BIG APPLE

English apple sales are expected to be the highest for 20 years

WELL KEPT

The Salutation Inn, in Ham, Gloucestershire, has been named the best pub in Britain by CAMRA

WHAT'S NOT

HOT CHOCOLATE

British-made Cadbury Dairy Milk is no longer available in the USA after Hershey Inc said the bars create 'brand confusion' with its own products

COSTLY COD

The price of fish and chips may skyrocket as demand for cod soars in China

MORNING RUSH

A third of people have never managed to eat breakfast seven days in a row!

Dish of the MONTH



SPRING VEG CASSEROLE

This filling stew makes the best of April's spring produce, but still holds onto the warming one-pots that make colder weather so great. Served with garlic bread, it's a simple, delicious, healthy way to get some of your five-a-day. **Get the full recipe at waitrose.com/recipes**

3 of the Best Golden Ales



1. Brewed with British ingredients, this tippie is a great example of Fuggles hops. **Chiltern Brewery John Hampden's Ale, £2.50, chilternbrewery.co.uk**

2. Kentish barley and hops make this beer an ideal companion to a meat pie. Bath Ales knows exactly how to make beer that's flavourful, quaffable and tasty. **Bath Ales Gem, £1.99, Waitrose**

3. A fantastic golden ale with a lasting spicy flavour from the Essex-based brewery Crouch Vale. One of our favourite go-to beers in the GBF office! **Crouch Vale Amarillo, £2.95, alesbymail.co.uk**

FODDER

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In Season

In April delicate leaves, fresh herbs and spears of our prized asparagus finally take over after months of hardy root vegetables. Pair them with the first crop of Jersey Royals, new season lamb or fresh seafood for dishes that sing springtime



ON THE MENU:

- *Asparagus*
- *Jersey Royals*
- *Spring Onions*
- *Early Carrots*
- *Wild Trout*
- *Watercress*





Asparagus

Season: Late April to June

Buy: Asparagus spears should have tight buds and firm stems – avoid any that are bendy or woody. As they are so prized and the season is short they can be pricey, so it's worth getting value for money by sourcing the freshest specimens you can find.

Cook: British asparagus is world renowned for its brilliant quality and it pays to keep it simple by griddling or roasting the spears and serving with hollandaise, Béarnaise or aioli on the side. Other great pairings include crab, poached eggs, lemon and bacon.

Jersey Royals

Season: April to July

Buy: First earlies like Jersey Royals are renowned for their rich and earthy flavour; they should be hard and smooth, with skin that comes away easily. Unwashed potatoes with a coating of soil will store for longer.

Cook: Jersey Royals are particularly sweet because their sugar hasn't yet turned into starch. Steam or roast, then pair with the season's finest herbs and veggies, with added butter or crème fraîche. Stuff larger potatoes with blue cheese and bake until crisp and bubbling.

Spring Onions

Season: March to September

Buy: These versatile roots are very young onions, picked before the bulb has swollen. They should be dry and crisp, with bright green, firm leaves; avoid any that are slimy or wilted.

Cook: The mild and sweet flavour means they are best eaten raw and thinly sliced either as part of a salad or sprinkled over a dish just before serving. Try in Asian-style curries, stir fries and potato salad, or mix into creamy mash to make champ.

Early Carrots

Season: March to September

Buy: The season's first crop tastes much the same as the later maincrop, though they are smaller and more delicate in size. Look out for thin carrots with their green tops still attached, baby, bullet-shaped Chantenays and lesser-found red, yellow and purple carrots. Avoid any that are green, split or limp.

Cook: Carrots are one of the most



bought vegetables in the UK today, which is testament to their versatility. Grate or slice into ribbons and add to salads and slaws, or roast with honey and sweet spices like cumin, coriander powder, ginger and cinnamon.

Watercress

Season: All year, but at its best April to September

Buy: This quintessential English leaf has a pungent, peppery flavour and is traditionally grown in shallow, flowing waters in Hampshire. Look for dark green leaves and avoid any that are wilting; watercress is particularly perishable so eat within a few days of buying.

Cook: Watercress makes a very flavourful salad leaf, but you can mix it with other varieties if it's too intense. It's a welcome addition to soups, sandwiches, omelettes and tarts when combined with smoked fish, beef or eggs.

Wild Trout

Season: April to October

Buy: Farmed trout is available all year round, but April is the month when anglers start to go fishing for the wild ones. Sea trout is much prized and is similar to salmon in looks and taste, while brown river trout tends to be earthier. As with all fish, look for specimens that are bright-eyed and red-gilled.

Cook: Trout en papillote ('in parchment') is a classic way of cooking the fish whole, though they are also delicious roasted or grilled with lots of fresh herbs and aromatics. The earthy taste matches deliciously with citrus and acidic flavours, such as lemon juice and capers.

SPRING LAMB MEATBALL BROTH WITH VEGETABLES

Serves: 4

Prepare: 25 minutes

Cook: 25 minutes

450g lean lamb mince (10% fat)
1 tbsp flat-leaf parsley, freshly chopped
2 tbsps mint, freshly chopped
2 garlic cloves, peeled and crushed
Salt and freshly ground black pepper
1 tsp rapeseed oil
1.2 litres hot vegetable stock
200ml white wine (dry or medium) or apple juice

4 sprigs fresh thyme leaves
200g baby carrots, scraped and halved, if large
200g baby onions or shallots, peeled
2 small leeks, finely sliced
200g peas or petit pois
100g baby spinach leaves or shredded kale
2 tbsps freshly chopped flat-leaf parsley or chervil, to garnish (optional)

1. Place the mince into a large bowl with the herbs and garlic. Season, mix well and shape into 20-24 small meatballs.

2. Heat the oil in a large non-stick pan and cook the meatballs for 3-4

minutes or until brown on all sides. Add the stock, wine, thyme, carrots and onions. Bring to the boil, reduce the heat and simmer for 15-20 minutes.

3. From time to time skim the surface of the broth if necessary. Add the leeks and cook for a further 3-4 minutes. Add the peas and cook for a further 2 minutes, or until the vegetables are cooked. Remove from the heat and add the spinach or kale.

4. Season, garnish with the herbs and serve with plenty of crusty wholemeal bread.

Recipe courtesy of
simplybeefandlamb.co.uk

“A simple and delicious way
of using up a glut of
seasonal veggies”





WELSH LAMB RACKS WITH A ROSEMARY & CHEESE CRUST

Serves: 2

Prepare: 10 minutes

Cook: 30 minutes

2 Welsh lamb racks, each rack with 3 bones
 50g fresh breadcrumbs
 12g grated Parmesan cheese
 3 sprigs fresh rosemary, 1 finely chopped
 1 free-range egg, beaten
 1 tbsp rapeseed oil

1. Preheat the oven to 180°C/Fan160°C/Gas 4. In a bowl mix together the breadcrumbs, cheese and seasoning. Spoon the chopped rosemary onto a plate and add the rack of lamb. Press the rosemary into the lamb on all sides.
2. Heat the oil in a frying pan and brown the lamb racks on all sides, then put to one side. Place a baking tray in the oven to preheat.
3. Place the egg and breadcrumbs in separate bowls and, using tongs, carefully dip the rack firstly into the egg and coat, and then into the crumbs.
4. Place the lamb onto the preheated baking tray and cook for 20-25 minutes until the coating is golden brown and the meat still nice and pink. Serve with mixed seasonal salad, buttered new potatoes and asparagus.

Recipe courtesy of
eatwelshlamb.co.uk





WATERCRESS & BUTTERMILK VICHYSOISE WITH CRAB TOAST

Serves: 4 as a starter

Prepare: 10 minutes, plus chilling time

Cook: 20 minutes

5g butter
1 large onion, peeled and diced
1 medium potato, peeled and diced
500ml vegetable stock
2 x 100g bags watercress
100ml buttermilk
60g Seafood & Eat It Cornish White Crab
Pinch of freshly grated nutmeg
Grated zest and juice of 1 lemon
2 slices white sourdough bread, halved to make 4 pieces

1. To make the soup, melt 25g butter in a medium saucepan and gently cook the onion for 2-3 minutes until softened but not browned. Add the potato and stir to coat with the buttery onion. Pour in the stock, bring to the boil then simmer for 12-15 minutes or until the potato is tender.
2. Add the watercress (reserving 1-2 tablespoons to garnish) and simmer for a further minute.

Remove from the heat and leave the soup to cool slightly then blend or whizz in a hand-blender to make a smooth purée. Stir in the buttermilk (reserving 1-2 tablespoons to garnish the soup) then cool and chill until ready to serve.

3. Season the crabmeat with the nutmeg, lemon zest and lemon juice to taste. Lightly toast the 4 pieces of sourdough, spread with the remaining butter and top with the seasoned crab. Pour the chilled soup into four bowls, add a swirl of buttermilk and the reserved watercress leaves. Serve with the crab toast.

Recipe courtesy of
waitrose.com/recipes

CRUNCHY TROUT SALAD

Serves: 4

Prepare: 30 minutes

Cook: 15 minutes

16-20 spring onions or baby leeks, trimmed
1 thick piece of hard British cheese
1 medium sized bulb of fennel, finely sliced
4 x 125g trout fillets
25g butter, melted
½ cucumber, peeled and finely sliced

“Watercress and seafood is a match made in heaven, and this soup makes a really impressive dinner party starter”





Watercress sprigs, washed and dried
Sea salt flakes and ground black pepper

For the dressing:

2 tpsps Dijon mustard
1½ tpsps cider vinegar
2 tpsps soft brown sugar
1 tsp finely chopped dill
50ml rapeseed oil

1. Pre-heat the grill to high. Cook the leeks in boiling salted water for 2-3 minutes until just tender. Drain and refresh in cold water, then dry on kitchen paper. Shave some thin slices of cheese and set aside.

2. For the dressing; mix the mustard, vinegar, sugar and dill together in a small bowl and then gradually whisk in the oil until well amalgamated. Season to taste and

then thin down with a little warm water if necessary.

3. Heat a ridged cast-iron griddle over a high heat. Brush with a little oil, then place the leeks diagonally across it and grill them for slightly less than 1 minute.

4. Brush the trout fillets on both sides with the melted butter and season well with salt and pepper. Lay the fillets skin-side up on a lightly greased baking sheet or the rack of the grill pan and grill for 4 minutes. Remove the trout and gently flake into small bite sized pieces.

5. To serve, toss the leeks, fennel, cucumber and watercress into the dressing and arrange in four shallow bowls. Place the trout over the top and sprinkle with the sheese shavings, then serve immediately.

Recipe courtesy of
britishtrout.co.uk

JERSEY ROYAL PATATAS BRAVAS

Serves: 4

Prepare: 10 minutes

Cook: 30 minutes

750g Waitrose Jersey Royal Potatoes, halved
1 tbs rapeseed oil
1 onion, peeled and thinly sliced
190g chorizo, halved
300g tomatoes, roughly chopped
1 green chilli, deseeded and finely chopped
1 tsp hot smoked paprika
Squeeze of lemon juice
25g pack flat-leaf parsley, roughly chopped
Leafy salad, to serve

1. Cook the potatoes in a large pan of boiling water for 15 minutes until tender.

2. Meanwhile, in a large frying pan, heat the oil and cook the onion for 5 minutes until softened.

3. Drain the potatoes and add to the pan with the chorizo and cook for a further 10 minutes until the potatoes start to brown.

4. Add the tomatoes, chilli and paprika and cook for a further 5 minutes until the tomatoes are softened and pulpy. Stir in a squeeze of lemon juice and the chopped parsley and serve with a leafy salad.

Recipe courtesy of
waitrose.com/recipes



Valentine's KITCHEN

With a heavy heart and quivering lower lip, Valentine Warner laments the loss of one of his favourite London restaurants

I've suffered a recent bereavement. This friendship was long standing and my memories are fond. For ten years I enjoyed this restaurant on Brompton Road, have written about it frequently and sent many through the thick maroon curtains that draped its entrance. With a lump in my throat and a wobbly lower lip, I'm sad to report it has closed, but with one last hurrah to say goodbye.

On closing night we all ordered our favourites, like any last meal. Unwavering Friday regulars Robin and Fred seasoned their favourite dishes with farewell tears as they wept over each course. Flowers and hugs were given, while consoling toasts were tenderly offered to our aproned proprietor.

My long friendship with Racine started with some confusion in that on asking the waiter 'who cooked this excellent tete de veau?' I was informed in a thick French accent, it was the accomplishment

of chef, Enri Eurice. My research found no recipe books, articles, accolades, nothing! How could this be? I was later introduced to this mystical chef, feeling an immediate fool on learning he was in fact called Henry Harris, a famous British chef with a sweaty passion for 'good bourgeois French cooking.' Quivering saffron mousse with mussels, fried brains with black butter on toast, rabbit in mustard sauce and the crème caramel of the gods!

The Final Hurrah

I was always happy in there, on my own or in company. It always

clinched a deal, delighted friends, cheered the soul and like every loved restaurant, had its own warm volume from the clientèle and uniquely delicious kitchen smells. Go out on a high note it did, as another long-standing supporter of 20 years shocked the diners with a shrill and piercing blow on a referee's whistle. We all looked up as he punched a supportive fist in the air and shouted 'ENRI!' before exiting through the curtain. That last night of cooking was superb. A departure can be seen as a sadness, but I say congratulations on what has been a sanctuary of treats.

.....■.....

“Quivering saffron mousse with mussels, fried brains with black butter on toast, rabbit in mustard sauce and the crème caramel of the gods!”



RACHEL KHOO'S Springtime Suppers



Inspired by her travels around the world, these light and bright recipes from **Rachel Khoo** are perfect for laid-back entertaining



*
SPICE-RUBBED
TROUT

SPICE-RUBBED TROUT

Serves: 4

Prepare: 30 minutes

Cook: 20 minutes

4 whole trout (approx. 300g each), gutted and scaled
 1½ unwaxed lemons
 1 small bulb of fennel, halved and finely sliced, keeping the leafy tops
 Large handful flat-leaf parsley leaves, roughly chopped
 200g giant couscous
 250g French green beans, trimmed and cut into 1cm rounds
 1 tbsp rapeseed or olive oil
 Sea salt

For the spice rub:

2 tbsps sumac
 1 tbsp smoked paprika
 1 tbsp sugar
 1 tbsp sea salt
 1 tbsp ground cumin
 ½ tbsp ground ginger
 ½ tbsp ground cinnamon

1. Preheat the grill to high. Blend the ingredients for the spice rub in a pestle and mortar. Smear the spice rub generously all over the outside and inside of the trout, then place on a foil-lined, lightly oiled baking tray.
2. Thinly slice one of the lemons. Stuff the fennel, parsley and lemon slices inside the cavity of the fish. Place the fish under the grill. Cook for 5–10 minutes on one side, then turn the fish over and cook for a further 5 minutes on the other.
3. Meanwhile, bring a pot of salted water to the boil and add the giant couscous. Boil for 3 minutes, then add the French green beans. Cook for a further 2 minutes, or until al dente, and drain.
4. Zest and juice the remaining ½ a lemon. Toss the beans with the oil, lemon zest and juice and a little salt. Serve each fish whole with the couscous on the side. Garnish with the leafy fennel tops.

TOP TIP

This spice rub works well with all sorts of other things. Try spreading it on aubergine slices and drizzling with a little oil before grilling. It's also a great rub for chicken.

“Wrap your hand round this cauliflower cheeseburger, take a big bite and let some of the burger juice dribble down your hand... just like the real deal!”



*
CAULIFLOWER CHEESE
BURGERS

CAULIFLOWER CHEESE BURGERS

Serves: 6

Prepare: 20 minutes

Cook: 25 minutes

1 very small head of cauliflower (approx. 200g), trimmed and separated into florets
 140g tinned haricot beans (drained weight)
 85g fresh breadcrumbs
 140g mature Cheddar cheese
 2 tbsps flatleaf parsley, chopped

Sprinkling of grated nutmeg
 Zest of 1 unwaxed lemon
 1 tbsp roasted chopped hazelnuts
 Sea salt and freshly ground pepper
 1 large free-range egg white
 2 tbsps rapeseed or olive oil
 1 oak leaf lettuce (or other)
 1 medium tomato, sliced

For the caramelized onion:
 chutney (makes 250g):
 50g butter
 4 red onions, peeled and thinly sliced



*
BAKED GOAT'S CHEESE
CIGARS WITH MELON,
RADISH & CUCUMBER SLAW

“You can flavour the goat’s cheese with any dried herbs or spices, for example cayenne pepper, smoked paprika, ground cumin or chilli, or try a spoonful of your favourite chutney or caramelized onions in place of the honey”

Pinch of sea salt
150ml red wine vinegar
2 tbsps raisins, finely chopped
2 tbsps soft brown sugar

1. Steam the cauliflower florets for 7– 8 minutes, or until tender. Take off the heat, drain and leave in the colander to cool. In the meantime, start to make the red onion chutney. Put the butter in a frying pan on a low heat, then add the onions and salt. Fry for about 20 minutes, or until sticky and soft. Add the vinegar, raisins and sugar, and cook for another 5 minutes, or until glossy and reduced. Check the seasoning.
2. When the cauliflower is cool, put the haricot beans into a food processor and pulse, then add the cauliflower and pulse lightly. You don’t want to overwork it as the mixture will get sloppy. Place in a bowl and add 1 tbsp of breadcrumbs. Grate 80g of the Cheddar and add to the bowl, along with the parsley, nutmeg, lemon zest and hazelnuts. Season with salt and pepper, and form the mix into 6 patties, around 6cm in diameter each, in the palms of your hands.
3. Lightly whisk the egg white in a bowl, and put the rest of the breadcrumbs on to a plate. Brush each patty all over with egg white and press into the crumbs, making sure they are well covered.
4. Put the oil into a large frying pan on a medium-high heat. When hot, cook the patties in batches for 3 – 4 minutes on each side, until nice and crisp and golden. Slice the remaining Cheddar and put a slice on top of each patty while in the pan to melt. Place each patty in a lettuce leaf, add a slice of tomato and serve with a generous spoonful of chutney.

BAKED GOAT’S CHEESE CIGARS WITH MELON, RADISH & CUCUMBER SLAW

Serves: 4 as a starter
Prepare: 20 minutes
Cook: 15–20 minutes

1– 2 rectangular filo sheets (depending on the size of your sheets)
60g butter, melted
8 sprigs of thyme, leaves picked
125g soft goat’s cheese
4 tpsps honey (lavender if possible)

For the slaw:

1 small cucumber or ½ a regular cucumber
½ unripe galia melon, seeds removed
6 radishes, trimmed and sliced into thin rounds

For the dressing:

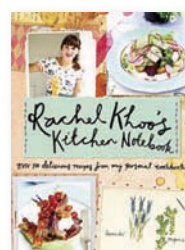
1 tbsp extra virgin olive oil
¼ tbsp red wine vinegar
Sea salt and freshly ground Pepper, to taste

1. Preheat the oven to 200°C/Fan180°C/Gas 6. Unroll a sheet of filo horizontally on your work surface. Cut the filo sheet in half lengthways and in half crossways to make 4 rectangles measuring approximately 15cm x 20cm. Lay them all out on the work surface, then brush the rectangles generously with butter, ensuring that about 1 tablespoon is saved to brush the tops.
2. Sprinkle some thyme leaves along the long length of each pastry rectangle and fold it in about 2cm to encase them. Crumble a line of goat’s cheese in a line along the opposite short side of the pastry. Drizzle the honey along the goat’s

cheese on each pastry.

3. Starting at the goat’s cheese end, roll the pastry over the cheese and all the way to the thyme, sealing the join. Repeat the process to make 4 cigars. Place on a lined baking tray and brush again with the remaining butter. Bake for 15 – 20 minutes, or until golden and crisp.

4. In the meantime, make the salad by using a mandolin or speed peeler to julienne the cucumber and the melon flesh. Place them all in a bowl with the radishes. Put the dressing ingredients into a small bowl or jam jar and mix well. Once the cigars are cooked, toss your salad with the dressing and place in the centre of your plate. Serve with the cigars on top.



Recipes taken from Rachel Khoo’s Kitchen Notebook (£20, Michael Joseph)

SHOPPING BASKET

These tasty cheeses would work perfectly in Rachel’s Goat’s Cheese Cigars



Ticklemore Goat’s Cheese, Sharpham Wine & Cheese, **£20.55 from sharpham.com**

Plain Goat’s Cheese Log, Delamere Dairy, **£1.69 from Ocado, Spar, Wholefoods, Nisa and delameredairy.co.uk**



“I have the simplest tastes,
I am always satisfied with the best.”

Oscar Wilde 1854-1900



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A man with a beard and a blue beanie, wearing a bright yellow raincoat over a blue shirt and a yellow apron, is holding several dark, wet mussels in his hands. He is looking directly at the camera with a slight smile. The background is a blurred outdoor setting, possibly a farm or a coastal area.

The (Aqua) CULTURE CLUB

Strange projects abound if you know where to look.
Anna Blewett explores the weird and wonderful
world of shellfish farming

H

ere's a question straight from the food and drink round of some fiendish pub quiz: which country in the world farms the most seafood? Answer: China, with 41.1 million tonnes of the

stuff. If you want to impress your mates you might care to rattle off the runners-up in descending order: Thailand, Chile, Egypt, Burma... You'd have to look a long way down the list to find Britain with its humble catch. Never has 30,000 tonnes of shellfish seemed so inadequate. Yes, when it comes to aquaculture we're a shrimp, so to speak, swimming with sharks. But within this niche market are some truly enterprising farmers, showing that size isn't everything.

Urban Fish Farming

Swansea, or Abertawe (mouth of the River Tawe), is home to just such a project. A walk away from the busy city centre, past the yachted marina and cement depots, lies a surprising hub of food production. From neatly-spaced black barrels that float in the city's Queen's Dock hang thick ropes crusted with the shiny blue-black shells of *mytilus edulis*: marine mussels that thrive in the nutrient-rich waters of Swansea Bay.

This sustainable farm, the only one of its kind in Wales, is run by the Thomas family, with fisherman Colin out on the water whilst daughter Melony handles the business side of things from her London home. "It's the perfect place for a mussel farm," says Melony. "It's a part of the world where mussels naturally live and grow very well, and the protective dock literally forms a greenhouse environment." Built to handle oil imported for a



nearby refinery, the dock offered shelter to more than 2,000 tankers a year at its peak, but fell quiet when the industry folded in the 1970s. "Our family used to have an offshore mussel farm, and before that my father fished out at sea," explains Melony. "He sailed in and out of that dock for 40 years and always saw mussels growing there. They cover everything in the dock: the jetty, the walls. One day he started to think about using that natural potential."

Colin won permission to farm in the dock in 2011 and harvested the first mussels for market a year later, building to a current output of 600 tonnes a year. "It's a bit like working in your back garden rather than heading to an allotment on the other side of town," laughs Melony. "We don't

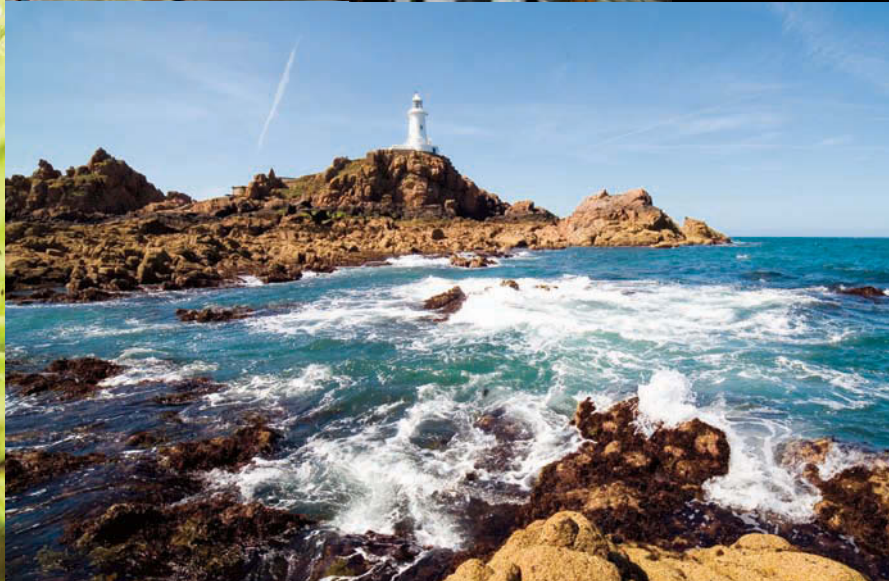
have to travel offshore to tend or harvest the mussels so we're not constrained by weather. It cuts fuel bills too." But is the industrial nature of the site a bit risky? "I think there's a great misconception," says Melony. "The waters offshore can look very pretty but under the surface there can be big effluent pipes. The water here has been tested for heavy metals and other contaminants; it's pristine."

Hatching a Future

Whilst the waters of Queen's Dock naturally teem with mussels, elsewhere nature requires a little help. Farmers working waters too rough or cold to sustain natural reproduction turn to hatcheries for the baby shellfish they need to stock their cages. "Pacific oysters, for



★ Top right: Aerial view of a shellfish farm off the coast of Jersey Above: Swansea mussel farmer Colin Thomas inspects his catch



“It’s not easy, we’re reliant on tides and weather to attend to them, but an edible ormer is not a small animal so it would take massive indoor architecture to keep them on land”

example, are perfect for farming – they grow quicker and are less sensitive than our native oysters”, explains Craig Burton from fishing authority Seafish, “but in Scotland our environmental conditions don’t allow them to breed in the wild. Our loch system and sheltered sea coast is ideal for farming but Pacifics require sea temperatures of 26°C to reproduce. We’re some way off that!”

Instead, an industry has developed around the love-lives of our tastiest shellfish; ‘berried’ female lobsters hatch into tanks, mussels are fed egg-optimising algae and oyster ‘spat’ is graded for size. Not very romantic maybe, but there’s plenty of experimentation afoot: Craig speaks of plans to use Norwegian techniques to hatch king scallops. Dr Holly Whiteley, his counterpart in Wales, knows of a chap trying to settle native oyster spat near The Mumbles. The quite eye-popping work of The National Lobster Hatchery in Padstow deserves special mention for its neatly-segmented cubicles of seawater each housing a minute crustacean.

All at Sea

Some 180 miles to the south-east of Colin’s mussel farm lies a particular oddity. Nestled in the lee of an old quarry on the island of Jersey is an indoor hatchery dedicated to the ormer, Jersey’s native abalone. Here, past tall cylinders of backlit seawater that could almost pass for trendy light features, lie plastic

tanks teeming with tiddly ormers. To behold the miniature, perfectly-formed shellfish in such mind-bending numbers could detract from the exclusive reputation of Jersey’s famed mollusc but not to their keepers. “They are the wild Jersey ormers,” insists farm owner Gary Whipp. “We have a special license from the government of Jersey to dive for breeding stock. And the minute they’re big enough to be self-sufficient – eat seaweed and not the algae we feed them – they’re into the sea.”

A traditional delicacy for locals and much-lauded by visiting gourmands, ormers have faced their challenges over the years, with over-fishing and a lethal bacterial disease pushing them to the brink of extinction. The farm, started as a hobby by local man Justin Surcouf, makes that a distant memory. “It’s not easy, we’re reliant on tides and weather to attend to them, but an edible ormer is not a small animal so it would take massive indoor architecture to keep them on land,” says Gary.

Brutal storms and petty vandalism have taken their toll on the farm’s sea cages; fortunately Gary has deep pockets. A multi-millionaire who moved to the island to retire, he found the siren call of industry irresistible and invested heavily in the project. “There’s a great market for the big ormer,” he says. “The Asian market for abalone is insatiable – if we could harvest five million we’d sell them all in a



day. At that size though they essentially have to be beaten to death and then cooked very slowly. If you harvest farmed ormers when they’re much smaller they are quite tender: we recommend people flash fry them in a little butter.”

Of course you’ll have to be feeling flush, not to mention fearless, to have crack at preparing and eating this large mollusc. “We work on price per ormer,” says Gary. “I was recently out at Dubai’s Burj Al Arab [That Crazy Seven-Star Hotel in Dubai as us mortals call it] and one ormer on a plate cost in excess of £100. We would sell the same ormer for around £4. Some people love to forage and are happy to eat what they can find. That’s great. Others, like me, are happy to pay for it.”

Whether many Brits will ever count themselves in that number is debatable. Whether the UK will ever compete with the scale of international aquaculture is not. But one thing’s for sure: China can keep its 41.1 million tonnes. There’s plenty of world-beating shellfish right here.

BLAST FROM THE PAST

These nostalgic bakes take inspiration from the past to create something new and utterly delicious

RHUBARB & CUSTARD CAKE

Serves: 10

Prepare: 25 minutes, plus cooling time

Cook: 60 minutes

½ tsp vanilla bean paste or 1 tsp vanilla extract
Icing sugar, for dusting

For the cake:

225g butter, softened
225g caster sugar
4 free-range eggs
225g self-raising flour, sifted
2 tsp baking powder
2 tbsps buttermilk or sour cream

For the roasted rhubarb:

600g forced rhubarb, trimmed and chopped into 3-cm pieces
80g plus 1 tbsp caster sugar
1 tsp vanilla bean powder

For the rhubarb tuiles:

2 sticks rhubarb
Pink food colouring
Freshly squeezed juice of 1 lemon
1 tbsp caster sugar

For the custard cream:

200ml double cream
3 tbsps ready-made custard
1 tsp vanilla bean powder

1. Begin by preparing the rhubarb tuiles as they need to dry overnight. Trim the ends of the rhubarb and peel into long thin strips using a swivel vegetable peeler. Place the strips of rhubarb in a large pan with just enough water to cover them and add a few drops of pink food colouring, the lemon juice and sugar. Simmer for

2–3 minutes until the rhubarb is just soft.

2. Place the strips of rhubarb on the prepared baking sheet and twist into pretty shapes. Leave in a warm place to dry overnight, by which time the rhubarb should be crisp. The rhubarb is fragile so, once dried, store carefully in an airtight container until you are ready to serve.

3. For the roasted rhubarb, preheat the oven to 180°C/Fan160°C/Gas 4. Put the rhubarb in an ovenproof dish with the sugar, 1 tablespoon of water and the vanilla. Bake for 20–25 minutes, until the rhubarb is just soft. Let cool. Leave the oven on to bake the cake. Grease and line 2 x 20-cm round cake pans with baking parchment.

4. To make the sponge, use an electric whisk to mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated.

5. Fold the vanilla into the cake batter and gently fold in half of the cooled roasted rhubarb. Divide the mixture equally between the prepared cake pans. Bake for 25–30 minutes, until the cakes are golden brown and spring back to the touch and a knife inserted into the centre of each cake comes out clean. Leave to cool in the pans for a few minutes, then turn out onto a wire rack to cool completely.

6. For the custard filling, in a mixing bowl whisk together the cream, custard and vanilla to stiff peaks. Place one of the cakes on a serving plate and cover with

spoonfuls of the custard cream. Top with the remaining roasted rhubarb, draining it to remove any cooking liquid. Top with the second cake, dust with icing sugar and place the rhubarb tuiles on top.

7. Serve straight away or store in the refrigerator until you are ready to serve. As the cake contains fresh cream, it is best eaten on the day it is made, although it will keep for up to 2 days in the refrigerator.

LEMON MERINGUE CAKE

Serves: 12

Prepare: 30 minutes

Cook: 40 minutes

340g butter, softened
340g caster sugar
6 free range eggs
340g self-raising flour, sifted
3 tbsps baking powder
3 tbsps buttermilk or sour cream
Grated zest of 3 lemons
Yellow food colouring gel

For the drizzle:

Freshly squeezed juice of 3 lemons
3 tbsps icing sugar
2 tbsps lemon curd

For the filling:

350g icing sugar, sifted
2 tbsps butter, softened
1–2 tbsps milk (if needed)

For the meringue topping:

100 g caster sugar
1 tbsp golden syrup
2 free range egg whites



“Filled with a creamy custard and poached rhubarb, and decorated very simply with pretty pink rhubarb tuiles, this cake is sure to tempt you”



“While traditional fondant fancies are covered in a layer of glossy icing, these fancies are positively ‘nude’ with a translucent icing that is almost invisible and lets you see the cake and buttercream layers below”

1. Preheat the oven to 180°C/Fan160°C/Gas 4. Grease and line 3 x 20-cm round cake pans with baking parchment. Use an electric whisk to mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated. Fold the lemon zest into the cake batter.

2. Spoon one-third of the mixture into one of the prepared cake pans. Add a few drops of yellow food colouring to the remaining batter and whisk in. Spoon half of the yellow batter into the second cake pan. Add a further few drops of food colouring to the remaining batter to make a darker yellow colour, and spoon it into the final cake pan. Bake in the preheated oven for 25–30 minutes, until the cakes spring back to the touch and a knife inserted into the centre of each cake comes out clean.

3. For the drizzle, heat the lemon juice and icing sugar in a saucepan and bring to the boil. Spoon one-third of the drizzle over the top of each cake while still warm, then leave to cool in the pans. For the buttercream filling, whisk together the icing sugar and butter until you have a smooth, stiff icing, adding a little milk if the mixture is too stiff.

4. Trim away the edges of each cake using a sharp knife if you wish to expose the colour of each sponge. Place the darkest yellow cake on a stand and spread over half of the buttercream. Add a tablespoon of curd and spread out over the buttercream. Top with the middle yellow cake and repeat the buttercream and lemon curd filling. Top with the final cake.

5. To make the Italian meringue, heat the sugar, syrup and 3 tablespoons of water in a saucepan until the sugar has dissolved, then bring to the boil. In a large bowl, whisk the egg whites with a balloon whisk or mixer to stiff peaks. Gradually pour the hot sugar syrup into the egg whites in a thin stream and whisk until the meringue cools slightly.

6. Spoon the meringue into a piping bag fitted with large star nozzle and pipe peaks of meringue over the top of the cake. Lightly brown the meringue with a chef's blow torch. Serve the cake straight away. This cake is best eaten on the day it is made due to the topping.



NAKED FANCIES

40ml violet liqueur, to drizzle
Crystallized flowers or petals, such as violets, to decorate
Edible glitter (optional)

For the cake:

115g butter, softened
115g caster sugar
2 free-range eggs
115g self-raising flour, sifted
1 tsp baking powder
1 tbsb buttermilk or sour cream

For the buttercream:

300g icing sugar
30g butter, softened
1–2 tbsps milk (if needed)

For the fondant glaze:

280g fondant icing sugar, sifted
50ml violet liqueur

Makes: 16

Prepare: 25 minutes, plus cooling time

Cook: 30 minutes

1. Preheat the oven to 180°C/Fan160°C/Gas 4. Grease and line a 20cm square cake pan with baking parchment. To make the sponge, use an electric whisk to mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour

cream using a spatula, until incorporated.

2. Spoon the cake batter into the prepared cake pan and bake in the preheated oven for 20–25 minutes, until the cake is golden brown and springs back to the touch and a knife inserted into the centre of the cake comes out clean. Let cool in the pan for a few minutes, then turn out onto a wire rack to cool completely.

3. For the buttercream, whisk together the icing sugar and butter until light and creamy, adding a little milk if the mixture is too stiff.

4. Cut the cake in half horizontally using a large serrated knife. Place the bottom half of the cake on a chopping board or tray that is small enough to fit in the refrigerator. Drizzle the violet liqueur over the cake and spread over a thin layer of the buttercream. Top with the second cake half and cover the top in a thin layer of buttercream. Chill in the refrigerator for 2 hours, until the buttercream is set firm. Trim the edges of the cake, then cut the cake into 16 even squares.

5. To make the fondant glaze, heat the fondant icing sugar in a saucepan with the violet liqueur and about 100ml of water. You need a thin icing, so add the water gradually until it is runny and almost translucent.

6. Spoon the warm icing over the



cakes, making sure that each cake is covered completely, or dip the cakes into the icing to coat them, taking care that it is not too hot. Place the covered cakes on a wire rack with foil underneath to catch the icing drips.

7. Decorate the tops of the cakes with crystallized flowers or petals and dust with edible glitter for a shimmer effect, if you like.

NAKED BATTENBERG

Serves: 8

Prepare: 30 minutes, plus cooling time

Cook: 25 minutes

1 tsp vanilla bean paste or pure vanilla extract
Pink food colouring
100g toasted flaked almonds, finely chopped

For the cake:

115g butter, softened
115g caster sugar
2 free range eggs
115g self-raising flour, sifted
1 tsp baking powder
1 tbsp buttermilk or sour cream

For the buttercream:

115g icing sugar, sifted
1 tbsp butter, softened
1 tbsp almond butter
A little milk (if needed)

1. Preheat the oven to 180°C/Fan160°C/Gas 4. Grease and line a 20 x 15-cm battenberg cake pan (or 2 loaf pans, 20 x 8 cm) with baking parchment. To make the sponge, use an electric whisk to

mix the butter and sugar in a bowl until light and creamy. Add the eggs and whisk again. Fold in the flour, baking powder and buttermilk or sour cream using a spatula, until incorporated.

2. Fold the vanilla into the cake batter and divide the mixture equally between two bowls. Add a few drops of pink food colouring to one of the bowls and fold in. Divide the cake batters between the sections of the prepared cake pan so that you have two plain and two pink rectangles of cake. (If using the loaf pans, cook the pink cake batter in one pan and the plain cake batter in the other.)

3. Bake for 20–25 minutes until the cakes spring back to the touch and a knife inserted into the centre of each rectangle of cake comes out clean. Leave the cakes to cool completely in the pan, then remove them carefully. Trim the cakes if necessary (for example, if one of the cakes has risen more than the others), so that you have 4 equal-sized rectangles of cake.

4. For the buttercream, whisk together the icing sugar, butter and almond butter until you have a smooth, stiff icing, adding a little milk if the mixture is too stiff.

5. Using a knife, spread a little of the buttercream onto the top of one of the pink rectangles and place a plain rectangle on top. Repeat with the remaining two rectangles, but this time place the plain cake on the bottom. Spread the side of one of the pairs with a little buttercream and sandwich the two pairs of cake together so when you look at the end of the cake the pink and plain squares are diagonally opposite one another.

6. Carefully spread the buttercream in a thin layer over the outside of the cake, taking care as the cake is fragile. Put the flaked almonds on a plate and gently roll the cake in the almonds, pressing them onto the buttercream with your hands. Wrap the cake in a layer of clingfilm and leave to set in the fridge for about 2 hours. Remove the cake from the clingfilm and place on a serving plate.

Recipes taken from *Naked Cakes* by Hannah Miles (£16.99, Ryland Peters & Small) Photography by Steve Painter. The book is available to GBF readers for the special price of £11.99 including postage & packaging by telephoning Macmillan Direct on 01256 302 699 and quoting the reference GLR CM8.

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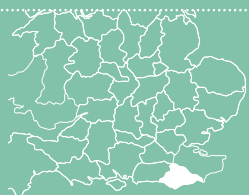
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Sussex

As a holiday destination Sussex really has it all, from historic towns and bustling seaside resorts to tucked-away villages and fantastic natural scenery. On the coast sample the enduring charms of the classic English seaside in Brighton and Eastbourne, stroll along the unspoilt sand dunes of Camber Sands or head to the countryside to explore the glorious landscapes of the South Downs. When it comes to produce, fish doesn't get fresher than that landed straight off the boats in Hastings, Shoreham and Newhaven, while Sussex's vineyards are giving Champagne makers a run for their money with fantastic sparkling wines. Check out our guide to discover the region's gourmet hotspots, inspiring producers and must-buy food and drink



★ GOURMET DESTINATIONS ★ MEET THE PRODUCERS ★ OUR PERFECT SUSSEX HAMPER ★

LAND OF PLENTY

With fishing harbours aplenty, acres of rich, fertile farmland and a thriving food scene, Sussex is a must-visit destination. Learn more about Brighton's trendy food scene, the countryside's Michelin-starred restaurants, and the famous foods of the county





BANOFFEE CAKE

While a lot of us assume Banoffee pie is an American import, it was in fact first created in the Sussex village of Jevington in 1972 by Ian Dowding, a chef at the now-closed Hungry Monk restaurant. Nowadays it's enjoyed all over the world, and the word 'banoffee' has even made it into the Oxford dictionary!

Serves: 6
Prepare: 20 minutes
Cook: 1 hour

75g butter, softened
25g caster sugar
1 large free-range egg
397g can Nestlé Carnation Caramel
225g plain flour
2 tsp baking powder
3 ripe bananas, mashed
50g Cooks' Ingredients Dark Chocolate Chunks

1 Preheat the oven to 180°C/Fan160°C/Gas 4. Grease and base line a 1kg loaf tin.
2 Beat the butter and sugar together until pale and fluffy then add the egg, followed by the caramel. Mix the flour and baking

powder together and gradually fold into the caramel mixture.

3. Fold in the banana and $\frac{3}{4}$ of the chocolate chunks and pour into the prepared tin. Sprinkle over the remaining chocolate chunks.

4. Bake for 1 hour, covering loosely with foil for the last 15 minutes if it gets too dark. The cake is cooked if a skewer inserted into the centre comes out clean.

5. Leave to cool slightly before removing from the tin, then slice and serve.

Recipe courtesy of waitrose.com

SUSSEX POND PUDDING

Sussex is a county of puddings. While this sweet, lemony sponge is the most famous, the region is also home to the Ashdown Partridge Pudding, Bacon Pudding, Hogs' Pudding, Blanket Pudding, Well Pudding and Chichester Pudding!

Serves: 6
Prepare: 25 minutes
Cook: 4 hours

250g self-raising flour
125g shredded beef or vegetable suet
150ml whole milk
250g unsalted butter, softened
200g soft light brown sugar
1 large unwaxed lemon
Clotted or double cream, to serve

1. Mix the flour and suet together in a bowl. Pour in the milk and mix to a dough that is soft but firm enough to roll into a 35cm circle. Cut a quarter out of the circle and set aside – this will become the lid. Butter a 1.5 litre pudding basin and line it with the $\frac{3}{4}$ circle of pastry, flattening it at the bottom, and joining the edges where the slice was taken out.

2. Lightly mix the butter and sugar together and press it into the lined basin. Prick the lemon all over with a fork or skewer so that the juices can escape, then push it into the butter mixture. Form the remaining pastry into a ball, then roll it out into a circle to fit the top of the pudding



bowl. Lay it over the filling and press the edges of the dough together to seal. Take a piece of foil big enough to fit over the basin, with at least an extra 5cm all round. Make a pleat down the middle of the foil, place it over the top of the basin and tie it tightly with string, making a handle so it can be lifted easily.

3. Bring a large pan half-filled with water to the boil and lower in the pudding. Cover and simmer for 4 hours. Don't let the water stop boiling, and if the level drops, lift up the basin and top up the pan with more boiling water.

4. To serve, lift out, remove the foil and loosen the sides of the pudding with a sharp knife. (With the foil lid on, it will keep hot for another hour or so until it's needed.) Put a deep dish over the basin and quickly turn the whole thing upside down. Serve each person a slice with a spoonful of clotted or double cream.

WHERE TO STAY



Bramley and Teal holiday cottages are the perfect place to call home if you're thinking of taking a foodie break in Sussex. There are 79 properties to choose from dotted all over the

countryside and coast, each with its own unique charm and surroundings. The self-catering properties on Camber Sands have fully kitted out kitchens, so you can return after raiding all the local delis to rustle up something truly special then walk it off with a relaxing stroll along the beach. bramleyandteal.co.uk

Life's a Beach



Brighton is arguably the capital of East Sussex, and has its own vibrant food and drink scene. The coastal city's coffee shops are a must-visit; on average, residents spend £177 each on the drink – £25 more than those in London!

- The city has always championed its green credentials and the council is run by the Green party. This is reflected in the food and drink found in the city; Silo (silobrighton.com), the UK's first zero-waste restaurant, recycles all of its waste and has installed a giant composter for any leftover food scraps.
- Got a sweet tooth? Brighton is home to several famous chocolatiers, including TV's own Choccywoccydoodah (choccywoccydoodah.com),

artisan brand Montezuma's (montezumas.co.uk) and the 60 year old Audrey's Chocolates (audreyschocolates.co.uk).

• It's also a Mecca for vegetarians and vegans, with high end restaurants such as Terre à Terre (terreaterre.co.uk) serving up award-winning meat-free dishes of all sorts. There are also plenty of smoothie bars, raw food cafés and healthy eating places dotted throughout the city's streets.

• Dark Star Brewing Co (darkstarbrewing.co.uk) started in Brighton's Evening Star pub, which is just one of many places where you can try some fantastic beers. Check out the newer Burning Sky Brewery (burningskybeer.com) for another example of a fantastic Sussex company.

TOP NOSH

Sussex is home to most of the UK's truffle and wild mushroom hotspots, and foragers head to the South Downs to seek out the best spots every spring and autumn. Many of them have kept the locations of where things grow a closely guarded secret to stop others taking them, but there are always one or two chancers seeing if they can stumble across a patch!



WINNING WINES

Sussex has the same chalky soil as the Champagne region in France, so it's the perfect place to produce sparkling wines. The experts tend to agree – Oz Clarke says it's one of the best wine-growing regions in the world, not only because of the quality of the wine, but because there are so many opportunities to tour the vineyards, talk to the producers and learn more about the different varieties.

Our favourite Sussex vintner is [Nyetimber](http://nyetimber.com) in West Chiltington, the very first producer of English sparkling wine made from the famous Champagne grapes Pinot Noir, Pinot Meunier and Chardonnay. In 1988, Nyetimber planted its first vines and today, it's regarded as one of England's finest wine producers. Owner Eric Heerema and winemaker Cherie Spriggs are committed to producing wines of a 'Grande Marque' standard – the same standard French Champagne houses strive for – and each bottle of Nyetimber is crafted from 100% estate-grown grapes. nyetimber.com

Star Attractions

Sussex is home to four Michelin-starred restaurants and plenty of other fantastic venues, each making the most of the delicious produce from the local area



* Ockenden Manor

THE CURLEW

BODIAM

Modern, trendy menus and a fantastic cheese list make The Curlew a destination restaurant. The beautiful interior is matched by the presentation of the food, without any of the staunch formalities of silver service establishments.

thecurlewrestaurant.co.uk

MATT GILLAN AT THE PASS

HORSHAM

If the dizzying hustle and bustle of a professional kitchen appeals to you, then a seat at the 26 cover The Pass gives you a front row seat of the action. Head chef Matt Gillan and his

team put together different tasting menus, assembling the dishes right in front of you.

southlodgehotel.co.uk

OCKENDEN MANOR

CUCKFIELDS

Ockenden Manor is a restaurant that doesn't fall victim to chasing the latest trends or fashions – instead, the staff stick to what they know best; impeccable service, luxurious ingredients (think caviar, scallops and Champagne) and simple, elegant presentation. The hotel upstairs is one of the best in the county, too.

hshotels.co.uk

RESTAURANT TRISTAN

HORSHAM

The 16th century building this restaurant is housed in contrasts beautifully with the modern cooking in the kitchen. Expect pairings like sous-vide duck egg with burnt leeks, partidge with pear and plum soufflé with bourbon.

restauranttristan.co.uk



* The Curlew



* Restaurant Tristan

BEST OF THE REST

Amberley Castle, Amberley

Set in a 900-year-old castle, this hotel and restaurant offers grandeur, luxury and comfort by the bucketload. There are two dining rooms to choose from – one with a 12th century barrel-vaulted ceiling and another with tapestries and suits of armour – and the kitchen dishes up some fantastic, inventive cuisine. amberleycastle.co.uk

Food for Friends, Brighton

The original vegetarian restaurant that put Brighton on the non-meat eating map. The

starters are designed to be shared, so you can get three plates between you, and the mains are great value for money. foodforfriends.com

The Gallivant, Rye

Head chef Daniel Perjesi has a simple rule at The Gallivant; to only cook with local ingredients that are hours fresh, 95% of which live or grow within 15 miles of the restaurant. Such good quality produce shouldn't be messed around with, and this comes through in the menu; the simple dishes are a great way to get a proper taste of Sussex. thegallivant.co.uk



* Matt Gillan at The Pass

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From Sussex with Love
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Sussex FOOD HEROES

Meet two champions of the region's fantastic food and drink scene



"WHEN WE STARTED MILKING SHEEP PEOPLE THOUGHT WE WERE QUITE MAD!"

Mark Hardy, owner of High Weald Dairy

When Mark Hardy started milking sheep on his small family farm on Ashdown Forest (of A. A. Milne and Winnie-the-Pooh fame) it was considered a pretty quirky practice to say the least in 1986. "People thought we were quite mad at the time but we persisted and built up the flock to 250 milking ewes," starts Mark, who runs operations with his wife Sarah. "This milk was turned into cheese in our small dairy, and we also began collecting sheep milk from other farmers as demand built up." The cheese proved so popular that by 1994 the family decided to focus entirely on cheesemaking, sourcing milk from several other local farmers who wanted to concentrate on milking.

These days High Weald Dairy has grown to be one of the country's most innovative and diverse cheese makers, creating everything from

Duddleswell, a Cheddar-style sheep's milk cheese, to fresh ricotta, Sussex Slipcote, Sister Sarah and Brighton Blue. The dairy is now located in bigger premises six miles from the original site, and is particularly known for its selection of continental-style cheeses. "We've made Halloumi since the beginning and originally

supplied the Cypriot community in London well before the cheese became a household name. I learnt how to make it in Cyprus and we continue to make it in the traditional way, using sheep's milk. Much of the imported Halloumi is made using cow milk only, you will find that using sheep milk as well substantially improves the quality."

High Weald also make Medita, a delicious Feta-style cheese, and Saint Giles, a semi soft continental-style variety that's very similar to Port Salut.

"Attending farmers' markets and shows is a great way of trialling a new cheeses – we often take along two or three different versions of the same cheese and find out which people like the best, so that we can go back and tweak the recipe."

Mark and the team are also keen to pass on the knowledge they've picked over the years and hold monthly cheesemaking classes at the dairy too. "It's very much a hands on course, and attendees turn some 15 litres of milk into 2kg of 3 or 4 different cheeses to take home and enjoy. The course is aimed at those who would like to make cheese at home, or are just interested to learn the process. It has allowed us to meet a fascinating range of people from all walks of life – all united by a love of good food and, most importantly, cheese!" highwealddairy.co.uk





"WE SELL A PHENOMENAL AMOUNT OF HOLLANDAISE DURING ASPARAGUS SEASON"

Georgina Phillips, marketing manager of The Condiment Company

Established in 1986, The Condiment Company comes from genuinely humble beginnings; chef Roger Johnson's homemade mayonnaise was such a hit in his home town of Chichester that he began jarring the condiment and selling it to local restaurants and food stores. "As anyone who makes their own will know, the freshly-made mayo tastes so much better than the mass-produced stuff," explains Georgina. "Roger's intention was to make a version that tastes as close to homemade as possible, and that ethos has been with us ever since." More than 30 years later, the mayonnaise is still made using free-range eggs and without artificial flavourings or colours.

Georgina's father Brian, a former turkey farmer, took over the business 14 years ago and expanded the range to include dressings, table sauces, dips and marinades, but has always been committed to keeping operations small and artisan. "We've been making our products in small batches since the start, and everything is developed in house by our chef. We always get friends and family to taste test our new products too,

sometimes it's the only way to get really honest feedback!"

With asparagus coming into season this month, Georgina is expecting a big surge in sales of the company's hollandaise sauce. "We sell a phenomenal amount of it at this time of year. People love hollandaise with poached eggs or on fresh asparagus, but it's famously hard to perfect. The same goes for béarnaise sauce and even mayonnaise to an extent. They're easy when you know how but can be time consuming, so our intention is to offer people an easy option that still tastes like the real thing." Exciting recent launches include Pomegranate Dressing, a heady mix of pomegranate, cranberry and raspberry, as well as a Blueberry Dressing that's perfect on salads.

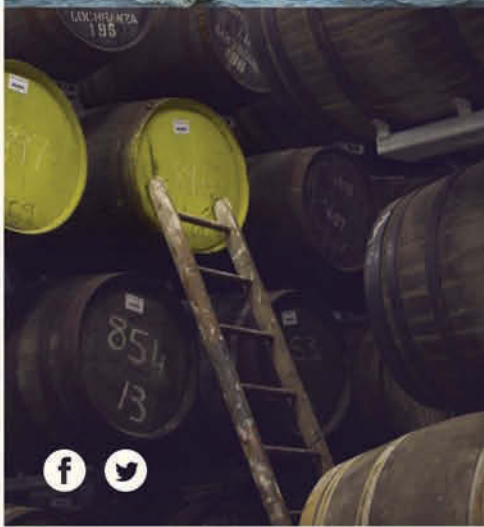
As a born and bred Sussex girl, Georgina speaks very highly of the local food scene. "Sussex is full of fabulous restaurants, cafés and food producers – put all of those together with the many food lovers we have in Sussex and you can't go wrong."

thecondimentco.co.uk





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The beautiful counties of East and West Sussex are packed with foodie delights – here are some of our favourites

1. Top Paddock Sheep Milk, from £1.85. Stockists at sheepdairy.co.uk
2. Gran Stead's Lemonade with Zing, £27.50 for 12 bottles, gransteadsginger.co.uk
3. Stratta Quince Vinegar, from £4. Stockists at stratta.org
4. Langham Best Bitter, from £2. Stockists at langhambrewery.co.uk
5. Kingdom Milk Chocolate, Rhubarb & Vanilla/Dark Chocolate & Pistachio £1.89 each montezumas.co.uk
6. Marvellous Meat Co. Topside Roasting Joint, £14 themarvellousmeatcompany.co.uk
7. Sussex Charmer, £3.50 for 200g bookhams.com
8. South Downs Butter, £2.50 for 200g bookhams.com
9. Piglet's Pantry Steak Pie, stockists at piglets pantry.co.uk
10. The Real Pie Company Large Chicken and Ham Pie, £6.95 therealpieco.co.uk
11. Bluebell Vineyard Hindleap Blanc De Blancs, £23.99 bluebellvineyard.co.uk
12. Coco Loco Dark Chocolate Brownies, £2.99 cocoaloco.co.uk
13. Merle's Kitchen Rose Turkish Delight, £4.80 for 6 merleskitchen.co.uk





Nathan Outlaw's FISH TALES

Our resident fish expert reflects on how lucky he is to live in idyllic Cornwall and the joy of collecting cookbooks

At long last the days are warming up, the sun is shining and visitors are coming back to Cornwall. Everywhere has been spruced up and all those in the hospitality industry here are raring to go. Let's hope it's a good summer for everyone concerned.

Sitting here in my new restaurant at the top of Port Isaac, I have to admit that quite a lot of my time lately seems to have been taken up with daydreaming out of the window and being thankful that I live and work in such a fantastic part of the country. The view from up here is straight out across the bay and to the open sea beyond. It gives me a tremendous sense of well-being and is simply stunning. Today, a couple of little boats are bobbing about out there and, judging by the cloud of gulls around one of them, I'd say there was a good catch on its way to shore later! Good news for me and for the customers too!

With any luck, the weather has been good enough for the fisherman to land some early cock crabs which have an exceptional flavour and are a real treat. If you see one at your local fishmonger, buy it! Cod (sustainable, of course) and lemon sole are also good this month so look out for them.

One of my weaknesses is hoarding cookery books. My collection is now into the hundreds and I've had to have special shelves made at home to take them all. I just can't resist if I see something of interest, and I find the really old ones fascinating. Like most people, I doubt if I'll ever cook every recipe in every book but I get so much

inspiration and enjoyment just from leafing through the pages. I wonder if the writers ever thought about that?

The recipe I've included this month is one I created for my first book and it's become a real favourite. It's simple but it packs in so much flavour. It's nice to revisit favourite recipes now and again. In fact, in Outlaw's at St Enodoc Hotel, head chef Tom Brown and I have decided to write a series of menu choices doing just that. Of course, it's exciting creating new recipes and putting something different on the menu, but coming back to those that are tried and tested occasionally is good too!

“With any luck, the weather has been good enough for the fishermen to land some early crabs”

Baked Cod Steak with Portabella Mushrooms, Red Onions & Thyme

This is an ideal dish for a family-style dinner where everyone helps themselves. The small amount of prep involved can be done in advance and you can take the dish straight from the oven to the table. Cutting cod into steaks and roasting it on the bone is a good way to get the most from your fish as all the flavour is retained and there is virtually no wastage!

Serves: 2-3

Prepare: 20 minutes

Cook: 1 hour

1 cod, about 1kg, scaled, gutted, and cut into 3 steaks
Olive oil, for cooking
2 red onions, peeled and cut into wedges, root end intact
3 garlic cloves (unpeeled)
3 portabella or large field mushrooms, cut into 2cm thick slices
6 thyme sprigs
100ml white wine
Cornish sea salt and freshly ground black pepper

For the ketchup:

Olive oil, for cooking
1 white onion, peeled and chopped
4 garlic cloves, peeled and finely chopped
2 bay leaves
500g button mushrooms, finely sliced
100ml white wine
100ml white wine vinegar
500ml vegetable stock
50g soft brown sugar
Cornish sea salt and freshly ground black pepper

1. For the ketchup, heat a large saucepan over a medium heat and add a drizzle of olive oil. Add the onion, garlic and bay leaves and sweat for 2 minutes. Add the mushrooms and cook until they are starting to colour and all the juices they release have evaporated and the pan is quite dry. Add the wine and let bubble until reduced by half, then add the wine vinegar and again reduce by half. Finally, add the stock and sugar, stir to dissolve and simmer until the liquid has reduced right down, almost to nothing. Transfer the mixture to a blender and blend until smooth. Taste for seasoning, adding salt and pepper as required.

2. Transfer the ketchup to a clean container and allow to cool, then seal. It will keep in your fridge for up to a week; alternatively you can freeze it for up to a month.

3. Heat your oven to 200°C/Fan180°C/Gas 6. Lightly oil an ovenproof dish that will comfortably hold the fish steaks, or use two smaller

dishes. Lay the onions, garlic and mushrooms in the dish and scatter over the thyme sprigs. Drizzle with olive oil and season with salt and pepper. Place in the oven and cook for 10 minutes.

4. Take the dish from the oven. Season the cod steaks all over with salt and pepper, then place on top of the vegetables and pour over the wine. Place in the oven for 12–14 minutes until the fish is just cooked.

5. Serve straight from the dish with the mushroom ketchup and a big bowl of seasonal salad leaves on the side. As you tuck into the fish, don't forget to spoon out all those lovely cooking juices in the bottom of the fish and squeeze out the garlic from the skins. Share the third cod steak if there's just two of you.

Taken from Nathan Outlaw's *British Seafood* (£25, Quadrille).



PHOTOGRAPHY BY DAVID LOFTUS

THE GREEN STUFF

Nothing adds a burst of zesty flavour to a dish like a handful of fresh herbs – make the most of spring's first flush of leafy aromatics with these delicious dishes



SUNDAY NIGHT PESTO

Serves: 4
Prepare: 5 minutes

30g leaves/herbs
40g grated Parmesan cheese, or similar
½ garlic clove, peeled and crushed
40g nuts, lightly toasted
Pinch of salt
Grind of pepper
75ml rapeseed or olive oil
Squeeze of lemon

1. Place the herbs, grated cheese, crushed garlic and the nuts (cooled, after their toasting) in a food processor. Whizz up, season and add the oil. Taste. Add more of what you fancy, and a squirt of

lemon juice.

2. This will keep for a couple of weeks in a lidded jar in the fridge – just make sure there is a layer of oil over the top. Alternatively, freeze in ice cube containers and pop in a freezer bag for long-term storage.

LEG OF LAMB WITH SALSA VERDE

Serves: 6 plus leftovers
Prepare: 60 minutes
Cook: See opposite page

1 leg of lamb
6 garlic cloves, peeled and crushed
25g anchovies
4 sprigs of rosemary, finely chopped
2 tbsps olive or rapeseed oil
150ml water, red wine or combination of both
Salt and pepper

For the salsa verde:
½ bunch of flat leaf parsley, chopped
½ bunch of basil, chopped
2 tbsp capers, chopped
½ 50g tin of anchovies
2 garlic cloves, peeled and crushed
Juice of ½ lemon
1 tbsp red wine vinegar
1 tsp Dijon mustard
6 tbsps rapeseed or olive oil
Salt and pepper
Lentils, to serve

1. Take the lamb out of the fridge half an hour before putting it in the oven to bring it to room temperature, which helps it cook



* Cooking Lamb by Numbers

There's nothing more annoying than following a recipe and then realising that your joint of meat is a different size to the one in the recipe, and not being quite sure what your cooking times should be. So, to make your life a little easier...

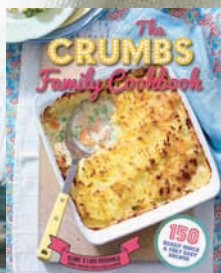
UNDER 2KG

20 minutes in a very hot oven (230°C/Fan210°C/Gas 8), then turn it down to (160°C/140°C/Gas 3). Cook it for 10 minutes per 500g for rare, 15 minutes per 500g for medium, and 20 minutes per 500g for well done

OVER 2KG

30 minutes in a very hot oven (230°C/Fan210°C/Gas 8), then turn it down to (160°C/140°C/Gas 3). Cook it for 10 minutes per 500g for rare, 15 minutes per 500g for medium, and 20 minutes per 500g for well done.





Recipes taken from
The Crumbs Family
Cookbook (£16.99, CICO)

more evenly. Preheat the oven to 230°C/Fan210°C/Gas 8. Put an oven rack in the lower half of the oven, leaving space above it for the leg of lamb to sit.

2. Make the marinade by crushing the garlic and anchovies together in a pestle and mortar. Add the finely chopped rosemary leaves. Mix together.

3. Cut 2cm deep slits a couple of centimetres apart, all over the lamb. Rub oil all over, then scoop up the marinade and press it into the slits as well as rubbing it all over the leg. Generously season with salt and pepper.

4. Place 150ml water, red wine or a bit of both in a roasting tin, add the lamb and put it in the oven. Cook according to the timings in the box below.

5. Make the salsa verde by chopping all of the herbs together either with a sharp knife or in a food processor. Chop the capers and anchovies together, then stir into the herbs along with the garlic, lemon, vinegar and mustard. Add the oil gradually until you have a thick but pourable sauce. Add salt and pepper to taste.

6. Once cooked, remove from the oven and let the lamb rest, covered with foil and a folded tea towel, for at least 20 minutes. Serve with the salsa verde and lentils on the side.

MR PLOWMAN'S FISH STEW

Serves: 4

Prepare: 10 minutes

Cook: 20 minutes cooking

1kg mussels

1 tbsp rapeseed oil

1 large onion, peeled and chopped

3 garlic cloves, peeled and chopped

100g chorizo, sliced

500g white fish fillets skin on, chopped into chunks

1 tbsp smoked paprika

100ml white wine

600ml fish stock

500g prawns

Bunch of fresh coriander, thyme or flat-leaf parsley, chopped

Salt and pepper

Crusty bread, to serve

1. Wash and beard the mussels (this means pulling out the little weedy bits in the shell). Give any open ones a tap and discard if they don't close.

2. Heat the oil in a large pot with a lid and gently fry the onion for 2–3 minutes, then add the garlic and



Storing Herbs

There are few things that bring on stronger feelings of culinary guilt than wilted herbs in the fridge; be sure to store them properly so they last longer, giving you more opportunities to use them. Take 3–4 sheets of newspaper and wrap the herbs in them, folding at the ends so they are completely sealed. This will prolong them for a few more days. It also obscures the herbs, so if they do wilt, at least you don't have to see them do it!



Small bunch of flat-leaf parsley
1 leek, roughly chopped
3 celery sticks, roughly chopped
Some peppercorns
3 garlic cloves
Salt and pepper

To serve

1 fennel bulb, sliced

600g new potatoes

100g frozen peas

100g green beans

juice of 1 lemon

Small bunch of dill, chopped

1. Put your largest pot on the hob and place the chicken in it. If you want it to be low fat, remove the skin. Add the lemon, thyme, parsley, leek, celery, peppercorns and garlic. Pour enough water to cover the chicken and the vegetables – probably about 3 litres. Season really well. Turn up the heat and bring to the boil. Simmer gently for about 50 minutes.

2. Using a slotted spoon, remove as many of the veg around the chicken as possible. They were there to flavour the broth and by now they will be pretty tasteless and not very pretty so just discard. Season the broth again with salt and pepper.

3. Throw in the fennel and potatoes, and let them simmer with the chicken for 20 minutes or so, until the potatoes are tender. Remove the chicken (when the leg comes away easily from the body, it is cooked) and add the peas and beans. Cook for 3–4 minutes.

4. Shred some of the chicken. Fish out the potatoes, fennel, peas and beans using the slotted spoon. Divide them up and serve on four soup plates. Distribute the shredded chicken on top of the vegetables. Ladle a couple of spoonfuls of broth onto each plate – there should be loads left. Add a squirt of lemon juice to each plate, and a liberal scattering of dill. Serve, happy in the knowledge you've got at least three more meals to come from that chicken.

cook for a further minute. Add the sliced chorizo and cook until well browned on both sides, which takes about 4 minutes.

3. Add the white fish skin-side down, and fry for 4 minutes, turning halfway through. Add the paprika and stir well. Season with salt and pepper. Add the wine and fish stock and bring to the boil.

4. Add the mussels to the pot, bring back to the boil, put the lid on and boil for 7–8 minutes until all the mussels are open. Discard any that aren't. Add the prawns during the last minute of cooking. Add the coriander, thyme or parsley, stir and check seasoning. Serve in bowls with crusty bread.

POACHED CHICKEN

Serves: 4 with leftovers

Prepare: 15 minutes

Cook: 1 hours 30 minutes

The largest chicken you can fit in your pot

1 lemon, cut in half

3 sprigs of thyme

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READING, BERKSHIRE

A cracking cheese from Village Maid (which also makes the equally good Wigmore below) – this is a Pecorino-style variety which works as a fantastic alternative to Parmesan.

£14.75 for 500g from sageburyfinefoods.co.uk

2 Flower Marie

LEWES, SUSSEX

A light, subtle ripened cheese with a very attractive blushed bloomy rind and a soft, creamy centre. A fantastic introduction to sheep's cheeses.

£7.95 from finecheese.co.uk

3 Quicke's Ewe's Cheese

EXETER, DEVON

Think of this cheese as a British cloth-wrapped version of Manchego. It's fresh, nutty and has the texture of mature Cheddar.

£7.20 for 250g from quickes.co.uk

4 Shepherd's Purse

Yorkshire Fettle

THIRSK, NORTH YORKSHIRE

Yorkshire's answer to Greek Feta is every bit as good as the original – salty with a lemony kick, instantly bringing a simple green salad to life.

£9.20 for 350g from shepherdspurse.co.uk

5 Oak Smoked Duddleswell

HORSTED KEYNES, SUSSEX

A hard, unctuous and buttery cheese which pairs beautifully with heavy red wines. The oak smoking is light; just enough to bring out the natural flavours.

£4.19 for 125g from highwealddairy.co.uk

6 Wigmore

READING, BERKSHIRE

This is one of *GBF's* favourite cheeses of all time – what initially looks like a Brie contains so many complex flavours within, ranging from sweet caramel to nuts.

£14.95 for 500g from finecheese.co.uk





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IN *the* KNOW

Your guide to
what to cook,
make and buy
this month



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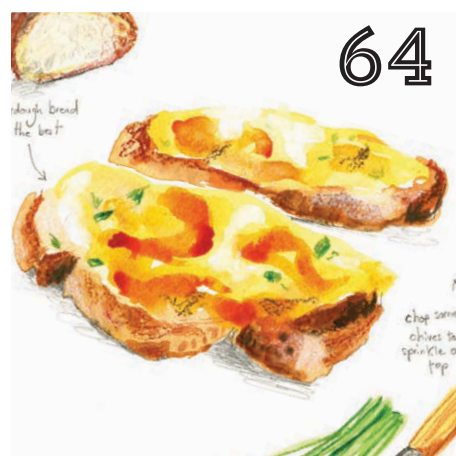
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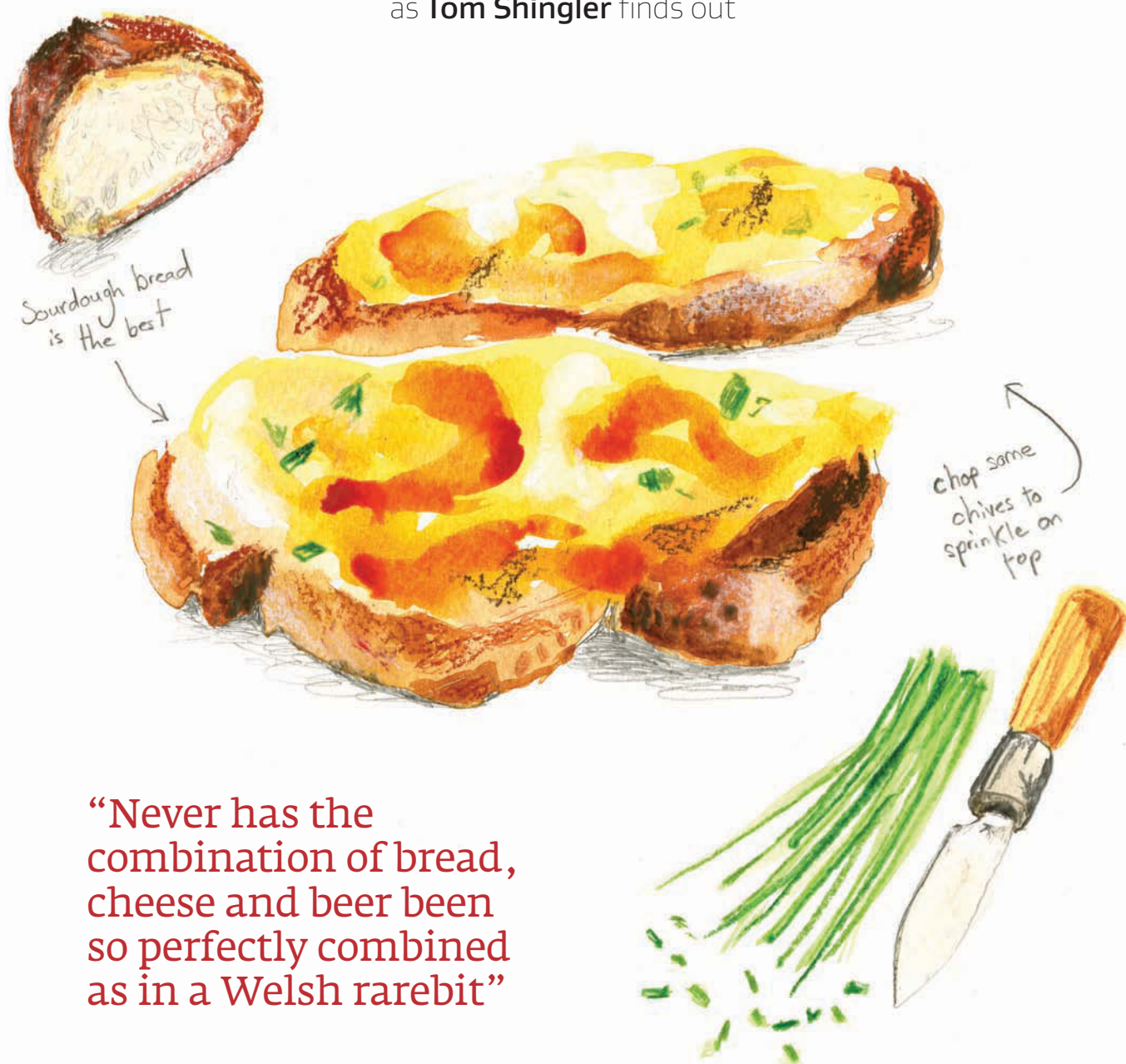
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to cook with chocolate



GOURMET'S GUIDE TO

Rarebit

Rarebit? Rabbit? Overcomplicated cheese on toast? Whatever this proudly Welsh comfort food is called, it's delicious, as **Tom Shingler** finds out



“Never has the combination of bread, cheese and beer been so perfectly combined as in a Welsh rarebit”

BREAD

As we're in the middle of a 'real bread revolution' – bakers taking to the streets, artisan loaves in hand, besieging industrial bread factories – sourdough is the natural first choice. Standard sliced bread is fine, but it won't offer much more than a bland base for your topping and is in danger of disintegrating into a sloppy mess. A decent sourdough can hold its own against the cheese, doesn't go soggy and lends a real crunch which contrasts with the creamy sauce beautifully.

If you want to go the extra mile, then a loaf flavoured with beer really catapults this dish to another level. But rarebit tends to be something you cook when you're peckish and want something a bit more fancy than cheese on toast, so don't be put off if all you've got in the cupboard is a slice or two of Mother's Pride – the topping is the star attraction here.

CHEESE

This is where things get a bit controversial, and people from different parts of the UK can easily spend more than they should debating which cheese is best for a rarebit (chances are they'll be backing the one made in their own county). For me, it's a combination of two – Creamy Lancashire, for its wonderful melting qualities, and a sprinkle of mature farmhouse Cheddar, for just a hint of sharp tanginess in the background. As this is a Welsh dish, you might be tempted to reach for the Caerphilly – don't! As delicious as it is, the cheese just isn't suited to melting very well, becoming oily, and the flavour is so mild it gets lost amongst everything else. There are plenty of strong Welsh Cheddars out there, if you want to keep things patriotic.



BEER

Keep the cans of lager in the fridge for when your 18-year-old nephew comes to visit – you need something with a bit more body and flavour here. Any ale will do, but the different styles definitely make a difference. A golden or pale ale adds a light, floral bitterness which works its magic in the background, just lifting the unctuous cheesy flavour enough to prevent it becoming claggy. A porter or stout, however, lends a lot more oomph; if a pale ale adds a delicate, sweet touch to the cheese, a dark beer bursts onto the scene and pours malty, biscuity flavour all over it. I much prefer the bold brashness of a stout, as the combination of savoury malt and salty cheese works so well together. However, it's all down to preference – if it all sounds a bit too heavy, a golden ale works well too.

SAUCE

This is the thing that transforms rarebit from a simple cheese toastie to a meal that's worthy of a dish served in the likes of St John, The Ledbury and plenty of other fine-dining restaurants. The sauce is essentially lots of lovely, delicious fat (in the form of butter, cream or both) with a few egg yolks chucked in for good measure. A good roux is decadent enough without cream, so I've left that out, which gives me an excuse to include an extra egg, resulting in a richer, more unctuous taste and texture. Once this base sauce is sorted, you can start raiding your cupboard for condiments to boost the flavour...

WORCESTERSHIRE SAUCE

(or Henderson's Relish if you've got it) is a natural accompaniment to melted cheese in any form, and a few heavy shakes of the bottle will add that unmistakable tang which works perfectly with the rarebit's richness.

MUSTARD

either in sauce or powder form does a similar job but comes with a dash of fiery heat as backup. I think the classic English variety is the only one able to hold its own in a sea of cheese, butter and eggs; Dijon downs and fancier pots should be served on the side so they can shine. A dollop of wholegrain, however, does reward you with the odd crunch of seed.

TABASCO

Sriracha (the iconic hot sauce from Thailand that's recently achieved cult status) or any other chilli based condiment should be used very sparingly – after all, we're cooking a dish from 18th century Wales, at which time chillies were few and far between. I've been known to smother most dishes with various bright red sauces that set my mouth on fire, but in this case I'm going to stick to tradition. However, a pinch of cayenne pepper lends a nice warmth to the cheese.

GARLIC

is delicious, but really needs to be fried separately before being added to the sauce which goes against the simplicity of the dish. Instead, a bunch of finely chopped chives lend a similar flavour and look great.



PERFECT WELSH RAREBIT

SERVES: 4 PREPARE: 10 MINUTES COOK: 20 MINUTES

50g butter, plus extra for brushing
50g plain flour
250ml stout
150g Creamy Lancashire, grated
100g Cheddar, grated
2 free-range egg yolks
1 tsp English mustard
1 tsp wholegrain mustard
Pinch of cayenne pepper
Few good splashes of Worcestershire sauce
Small bunch of chives, finely chopped
8 slices sourdough bread, thickly cut (about 2.5cm each)
Sea salt and black pepper
Cherkins, pickles and vinegar, to serve

1 Preheat the grill to high. In a saucepan, melt the butter over a low heat, then add the flour and stir until fully combined. Cook out the flour for 2 minutes, then pour in the stout, little by little, whisking constantly – do not let it boil.

2 Add the cheese and once it has melted, remove the mixture from the heat. Whisk in the egg yolks, mustard, cayenne, Worcestershire sauce and half the chives. Season heavily with pepper, whisk vigorously until the mixture is fully combined, then keep warm over a very low heat. You can also make the mixture a day ahead, chill and then melt again just before serving.

3 Brush the sourdough slices with butter on both sides, then place under the grill for 2 minutes each

side until toasted. Take them out and pile the rarebit mixture liberally on top. Place back under the grill for 5 minutes until bubbling and golden brown, then season, sprinkle over the rest of the chives and serve immediately with pickles and a sprinkling of vinegar.

SIDES

Sure, you can enjoy a rarebit on its own, but it's worthy of more than that! At the very least, place a **pickle** or two on the side. A plump **gherkin** can make even the most humble of meals something to write home about. The quintessential **Branston Pickle**, or any other **chutneys** you have lurking in your fridge, wouldn't go amiss. Neither would **vinegar** – it doesn't matter which kind – as a drop or two on top of your rarebit really brings it to life. A green, leafy **salad** keeps things fresh and counters the heavy cheese sauce, while a few **fried tomatoes** or **mushrooms** give the dish a breakfast feel.

And don't forget to drink any remaining **beer**!



TWISTS

WHILE IT DEVIATES FROM TRADITION, THERE ARE SOME INGREDIENTS YOU CAN ADD TO BEEF UP THIS DISH EVEN FURTHER

- **Smoked haddock** with a rarebit topping is a staple of breakfast menus at posh hotels across the UK, and it's easy to see why – the flavours work perfectly together, and it's as simple as flaking the fillet onto the toast before pouring over the sauce.
- **Ham** and cheese go together better than most things, and a slice tucked under the sauce adds a welcome meaty dimension (as does bacon).
- **Anchovies** and capers pump up the umami factor, adding a jolt of saltiness to proceedings. These can be draped over the top of the sauce, which looks nice, and lets the anchovy crisp up and infuse its super savoury flavour into the cheese.

TOP TOPPINGS

THE BEST BITS FOR YOUR RAREBIT



1. Dewlay Traditional Creamy Lancashire cheese, £2.55 for 300g from Waitrose



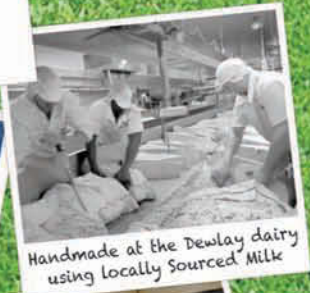
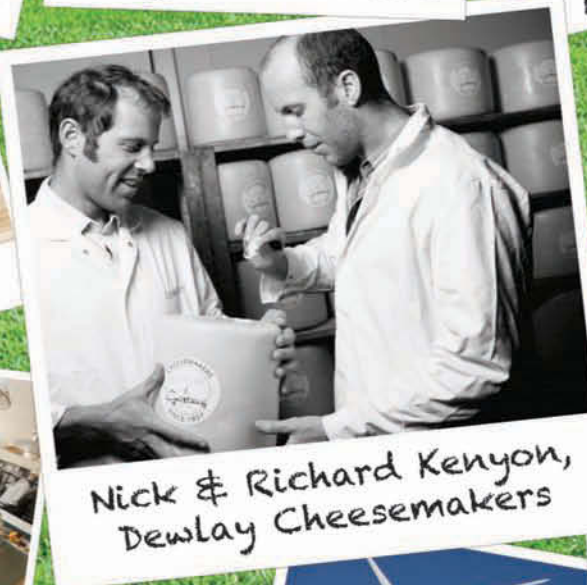
2. Snowdonia Black Bomber, £4 from snowdoniachese.co.uk



3. Findlater's Gluten-Free White Farmhouse Sliced Loaf, £3.29, finelatersfinefoods.co.uk

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£7.95 for 454g from thecornishfishmonger.co.uk

2 H. Forman & Son Royal Smoked Salmon

This wonderfully thick fillet of salmon is one of the finest to have crossed our lips and is supplied to some of London's top chefs. The fresh taste leaves you instantly craving another bite, and the buttery texture means it falls apart delicately in the mouth. This rather exquisite salmon would provide the perfect filling for sushi, if you fancy a little bit of hands-on fun in the kitchen.

£7.99 for 200g from ocado.com

3 Hebridean Smokehouse Peat Smoked Scallops

Harvested from the waters of the Hebrides, these robustly smoked scallops are cooked over locally cut peat, then hand-sliced and ready to eat. All the natural sweetness of the shellfish is boosted when the aromatic peat smoked flavour comes to the fore. These divine scallops look and taste spectacular when laid out on a party platter.

£11.75 for 100g from hebrideansmokehouse.com

4 Cley Smokehouse Traditional Smoked Haddock

Gently smoked over oak, this fillet of top-quality haddock is full of subtle flavours that any discerning fish fan will admire. Traditionally prepared right next to the beautiful north Norfolk coast, Cley Smokehouse has a history of smoking fish spanning 30 years, with haddock being just one notable diamond in its impressive array of gastronomic offerings.

£8.35 for 500g from cleysmokehouse.com

5 Trafalgar Kiln Smoked Trout Fillets

When it comes to preparing smoked fish, the Trafalgar team know precisely what they are doing. This wonderfully tender and delicately smoked trout fillet is exquisitely creamy with just a hint of sweetness to tease the palate. It would pair perfectly with green salad or some lightly roasted asparagus and a couple of new potatoes for a healthy and sophisticated lunchtime treat.

£3.44 for 125g from ocado.com

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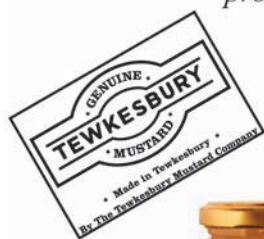
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3

KITCHEN CONFIDENTIAL

• JUICERS & BLENDERS •



Tom Shingler picks five gadgets which juice, blend or pulverise healthy things into something delicious and drinkable



4

5

1 VITAMIX ASPIRE

It's a little bit unfair to include a Vitamix in this, as it's one of those aspirational, 'your-life-will-be-complete' machines that can cook entire meals while you put your feet up. However, if you've got the money, it's a fantastic bit of kit – not only will it make super-silky smoothies, it will also cook soups from scratch, crush ice, grind coffee and whip up salsas with the simple push of a few buttons.

£399 from vitamix.co.uk

2 SAGE NUTRI JUICER

We're big fans of Sage by Heston Blumenthal here at *GBF*, and this juicer is no exception. It runs nice and quietly, the feed chute is so wide you can chuck a whole apple in it, and the titanium blades extract around 70% of the nutrients from any fruit and veg. The machine is an absolute powerhouse, demolishing a bag of carrots in seconds and leaving just under a litre of smooth juice instead.

£149.99 from sageappliances.co.uk

3 PHILIPS VIVA COMPACT

A very compact design means this is a great model for people without much workspace. The sieve inside is also very easy to clean – just a quick wipe with the sponge gets rid of all those little fibres that usually won't budge. You do have to chop up your fruit and veg to make it fit down the chute, but for the price, it's a great choice for someone who wants to delve into the world of juicing properly.

£70 from Amazon

4 NUTRIBULLET

While the Nutribullet is, essentially, a clever blender, it's become the must-have accessory for anyone looking to boost their intake of fruit and veg. You can put anything you want in there and the blade will pulverise it into a smoothie, including nuts and seeds, making it incredibly easy to gulp down your five-a-day in one sitting. It's also very easy to clean, which is where many juicers and blenders falter.

£99.95 from John Lewis

5 STELLAR JUICER

With two speed settings – one for soft fruit like strawberries, and a faster one for harder things like carrots – this is a great juicer at an even better price. It's design is well thought out, with all the pieces easily coming apart for cleaning, and while it's quite big it looks nice if you've got room on the counter. While most of the parts are dishwasher safe, they might need a scrub if you're juicing particularly hard vegetables.

£79.99 from Amazon



• THINGS YOU NEVER KNEW ABOUT... •



MUSTARD

The nose-stinging condiment comes in many forms, but most of us never question how the hot yellow paste came to be

Cutting the Mustard

- The mustard plant was first cultivated in ancient India, and was brought to the UK by the Romans. They would mash the seeds with wine to create a paste at the dinner table.
- The plant produces many seeds ranging from white to black in colour. White mustard seeds are hot, whereas brown seeds have the flavour. Black seeds are often used whole as a spice in Indian cuisine.
- Pope John XXII loved mustard so much that in the early 14th century he created a new Vatican position of 'mustard-maker to the pope' (or '*grand moutardier du pape*'). He gave the job to an idle nephew of his from Dijon, which is why the area is so well known for its mustard now.



Spice of Life

THE MAIN MUSTARD VARIETIES

* **English** – The hottest mustard in the world, English mustard is thick, bright yellow and notorious for causing a burning sensation in the nose when someone eats too much. The most famous brand is Colman's, made in Norwich.

* **French** – never actually made in France, this was invented in the UK as an alternative for people who found English mustard too hot. It's brown and traditionally served with steak; most supermarket own-brand mustards are made in this style.

* **Dijon** – A hot, smooth mustard from France which includes white wine as well as vinegar. It's perfect for cooking with and adding to sauces.

* **Wholegrain** – instead of being crushed, seeds are left whole and mixed with the other ingredients, giving it a crunchy texture and milder flavour.

* **Tewkesbury** – a blend of mustard and horseradish, originally made in the Gloucestershire town of the same name.

* **American** – bright yellow and very mild, this variety is usually in a squeeze bottle and applied liberally to hot dogs and burgers at barbecues.

3 WAYS WITH... MUSTARD

1 Celeriac Remoulade is a great way to pair mustard with veg. Julienne a celeriac, then toss in lemon juice, 4 tablespoons of mayonnaise, 2 tablespoons of Dijon mustard and a little cream and season.

2 You can make your own **Beer Mustard** by pouring 500ml ale over 350g mixed mustard seeds. Leave overnight, then stir in 175ml cider vinegar, a few tablespoons of honey and salt. Blend, then decant into sterilised jars and leave for a few days to mature.

3 A Honey-Mustard Dressing perks up all sorts of salad, and is great drizzled over chicken or ham. Just whizz together a tablespoon each of mustard and honey with a garlic clove, 6 tablespoons of rapeseed oil, a splash of vinegar and season.



SMOKED HAM, MUSTARD & ASPARAGUS TART

Serves: 4

Prepare: 20 minutes

Cook: 40 minutes

500g ready-made shortcrust pastry

6 large free-range eggs

300ml double cream

2 tbsps mustard of your choice

100g Parmesan, grated
Sea salt and freshly ground black pepper

2 bundles asparagus, trimmed
150g smoked ham, chopped

1 Preheat the oven to 180C/Fan160C/Gas 6. Line a 9 inch tart case, roll out the pastry and place inside. Prick the base of the pastry and chill for 30 minutes.

2 Place parchment paper on top of

the pastry and add baking beans (or dry rice), then blind bake for 15 minutes.

3 Beat the eggs, cream, mustard and Parmesan together in a bowl and season. Remove the parchment from the tart tin and arrange the asparagus and ham inside it evenly. Pour the egg mixture into the case.

4 Bake in the oven for 25 minutes, then serve warm with salad.



HOT STUFF

OUR FAVOURITE
MUSTARDS



1 Tewkesbury Mustard Balls, £3.20 from tewkesbury-mustard.co.uk



2 Uncle Roys 'Better than Dijon' Mustard, £2.95, uncle-roys.co.uk



3 The East India Company Lapsang Souchong Mustard, £3.95, eicfinefoods.com

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GBF MASTERCLASS: CHOCOLATE

IN
the
KNOW

Whether it's a bite-sized truffle or a big hunk of fudge cake, chocolate is the ultimate indulgence – not to mention a real crowd-pleaser. Here are some of our favourite ways of using it



*
CHOCOLATE TRUFFLES
WITH SEA SALT

CHOCOLATE TRUFFLES WITH SEA SALT

Makes: 40–45

Prepare: 30 minutes, plus cooling time

Cook: 10 minutes

225g very best quality chocolate
300ml double or whipping cream
¼ tsp Maldon sea salt, crushed
Your choice of rolling materials: cocoa powder, icing sugar, finely chopped nuts etc.

1 Break or chop the chocolate into evenly sized small pieces, the size of buttons, and put it in a large mixing bowl, at least 1.75 litres in size. Put a saucepan over a medium heat, add the cream and bring it to a rolling boil. Add the salt, stir, and immediately pour the hot cream over the chocolate. Stir well, blending thoroughly until all the chocolate is melted. Leave the mixture to cool at room temperature, which will take at least 1–1½ hours.

2 Then you can proceed to making the truffles. Take a large, heavy chopping board or a baking tray and cover it tightly and completely with cling film or waxed paper. You may need to fix it with sticky tape underneath to make sure it is taut – if you don't wrap the film tightly enough, it lifts up when you try to remove the truffles when they are set.

3 Using an electric hand whisk, gently beat the mixture to the point where it just begins to stop 'running' – the mixture should just begin to thicken, and the whisk barely leave a trail when you lift it. Stop whisking while it is still soft, otherwise it might separate. Transfer the mixture into a 35cm piping bag with a 1cm nozzle and pipe little truffle spheres onto the film-covered chopping board or baking sheet. Refrigerate for about an hour.

4 Alternatively, you can use a teaspoon to measure out little bite-size portions when the mixture has set in the bowl. Dust your hands with icing sugar to prevent the truffles from sticking and roll them into balls in the palms of your hands.

5 Finally, finish the truffles by rolling them in your coating of choice – this could be good quality cocoa powder, icing sugar, chopped nuts or chocolate vermicelli. The truffles will keep for at least a week, and you can always sprinkle them with cocoa powder at the last minute.

For more delicious sea salt recipes visit maldonsalt.co.uk



HOW TO TEMPER CHOCOLATE WITH EDD KIMBER

"Learning how to temper chocolate is an important technique because it enables you to use chocolate in ways that simply melting will not achieve. Tempering is basically a way of melting and cooling the chocolate

so when it sets it crystallises and becomes stable. It gives the chocolate a shine, it won't melt when handled and it has a great snap to it"

Step 1:

Roughly chop 300g of any kind of chocolate. Put $\frac{3}{4}$ of it in a heatproof bowl set over a pan of gently simmering water, making sure the base doesn't touch the water. Melting the chocolate slowly makes it easier to temper.

Step 2:

Using a probe instant-read thermometer, melt the chocolate slowly, stirring regularly until it reaches 50-55°C for dark, or 45°C for milk and white. Remove the bowl from the heat and add the remaining chocolate, stirring constantly until the chocolate has melted and it has lowered in temperature to 28-29°C for dark, or 27-28°C for milk and white.

Step 3:

Return the bowl to the heat and, stirring constantly, heat it up for 1 minute or until the temperature of the chocolate has increased to 31-32°C for dark chocolate or 28-29°C for milk and white chocolate – this is what is known as the chocolate's 'working temperature'.

Step 4:

The chocolate should now be tempered. To test, dip a knife into the chocolate and allow the excess to drip off and set onto a piece of baking parchment. If, after 2 minutes, it has set with no streaks showing, the chocolate has successfully been tempered. If it is streaky you'll need to start again.



SAVVY SHOPPER

The SuperFast Thermapen digital probe thermometer is fantastic for working with chocolate as it takes the guesswork out of tempering. It gives an accurate reading in just three seconds and is available in lots of lovely colours, so it looks stylish too.

£57.60 from thermapen.co.uk



Recipe taken from *Patisserie Made Simple* by Edd Kimber (Kyle, £19.99)





4

“Delightfully gooey, these are almost like chocolate lava cakes in doughnut form. They are best eaten warm, almost straight out of the fryer, just dusted with a little cinnamon sugar”

TRUFFLE DOUGHNUTS

Makes: 8

Prepare: 20 minutes, plus proving time

Cook: 10-20 minutes

250g strong white flour, plus extra for dusting

Pinch of salt

½ tsp ground cinnamon

40g caster sugar

150ml lukewarm water

1 tsp butter, softened

1½ tps instant dried yeast

Vegetable oil, for deep-frying

8 chocolate truffles

For the cinnamon sugar:

1 tsp ground cinnamon

75g caster sugar

1 Sift the flour, salt, cinnamon and sugar into a large mixing bowl. Add the water, butter and yeast and bring the dough together. Knead the dough for 5 minutes, then cover with cling film and prove in a warm place until doubled in size – about 45 minutes.

2 Tip the risen dough onto a floured surface. Using the palm of one hand, stretch out the dough away from you then bring the edges in and roll it into a tight ball. Repeat a couple of times then leave to rest on the work surface while you heat the oil.

3 Half-fill a pan with the vegetable oil and heat to 150°C. If you don't have a kitchen thermometer, tear off a piece of dough about the size of a cherry and drop it into the hot oil. It should gently turn golden brown in about 2 minutes. If it's too hot, turn off the oil and leave to cool for 10 minutes, before reheating gently. While the oil is heating, mix the cinnamon and sugar in a bowl and set aside.

4 Take a small handful of the dough and shape into a disc about 5cm in diameter. Place a truffle in the centre and wrap the dough around. Seal the dough completely, making sure there are no gaps, otherwise the dough will burst and the truffle will melt into the oil. Repeat with the rest of the dough.

5 Using a slotted spoon, slip each doughnut into the oil and fry for about 5 minutes, turning halfway through cooking. You will probably need to do this in batches of 2 or 4 – do not overcrowd the pan as it will cause the temperature of the oil to drop. When they are cooked, they should be a golden sandy colour. Drain well and roll each doughnut in the cinnamon sugar while still warm.



TRUFFLE DOUGHNUTS



Successfully
tempered!

“It’s not quite a cookie and not quite a brownie, it’s the Crownie: a densely chocolatey, soft yet crunchy biscuit packed with whole hazelnuts”



THE CROWNIE

Makes: 16
Prepare: 5 minutes
Cook: 12 minutes

200g butter, at room temperature
50g golden caster sugar
100g soft light brown sugar
1 free range-egg, beaten
275g plain flour
25g cocoa powder
1 tsp baking powder
200g dark chocolate, chopped into small pieces
200g whole roasted hazelnuts

1 Preheat the oven to 160°C/Fan130°C/Gas 3 and line 2 baking trays with baking parchment. In a mixing bowl, cream the butter and sugars together until pale and fluffy, then beat in the egg. Add the flour,

cocoa powder and baking powder, and stir until combined. Add the chocolate and hazelnuts, then use your hands to bring everything together into a dough.

2 Using your hands, form 16 balls and place them evenly on the prepared baking trays before pressing them down to a thickness of 1.5cm. Bake for 10–12 minutes on the middle shelf of the oven. They should be cooked but still slightly squidgy in the middle, and will smell amazing. Serve warm, perhaps with ice cream.

BREAD & CHOCOLATE PUDDING

Makes: 4
Prepare: 10 minutes
Cook: 25 minutes

Butter, for greasing
600ml milk
200 g chocolate, dark or milk, or a combination
2 free range egg yolks
55g caster sugar (reduce this to 25g if using milk or white chocolate)
1 day-old baguette, cut into 1cm-thick slices

1 Preheat the oven to 160°C/Fan130°C/Gas 3 and butter an ovenproof dish. Bring the milk to a boil in a pan, then remove from the heat and set aside. Put the chocolate, egg yolks and sugar into a food processor. Add the hot milk, leave to stand for a minute, then blend.

2 Arrange the slices of bread in the ovenproof dish, creating 2–3 layers. Pour the chocolate mixture over the bread and bake for 20–25 minutes. The top should look crisp and lightly browned. Leave to cool for 10 minutes, then serve the pudding on its own or with a scoop of vanilla ice cream.

Recipes taken from *Hotel Chocolat: A New Way of Cooking With Chocolate*, (£20, Headline) from hotelchocolat.com





★
EDD KIMBER'S
CHOCOLATE FONDANT

IN
the
KNOW

EDD KIMBER'S CHOCOLATE FONDANTS

Makes: 6

Prepare: 20 minutes

Cook: About 13 minutes

200g unsalted butter, plus extra for greasing

1 tbsp cocoa powder, plus extra for dusting

200g dark chocolate, finely chopped

5 large free-range eggs

125g caster sugar

100g plain flour

Pinch of flaked sea salt

Cream or vanilla ice cream, to serve.

1 Preheat the oven to 190°C/170°C/Gas 5 and line a baking tray with parchment. Grease 6 dariole moulds (or small ramekins) with butter and coat with a little cocoa powder, tapping out any excess. Put the moulds onto the prepared tray and set aside.

2 Put the butter and chocolate in a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. Stir occasionally until fully melted. Remove from the heat and leave to cool slightly.

3 Put the eggs and sugar in a large bowl and, using an electric mixer, whisk for 8 minutes, or until pale

and thick. While still mixing, pour in the chocolate and mix until fully combined. Sift over the flour and cocoa powder, then add the salt and fold together using a spatula until you have a smooth batter. Using a ladle, divide the batter evenly among the moulds, then bake for 8 minutes.

4 Remove from the oven and use a blunt knife to loosen around the edge of each mould. Immediately invert the fondants onto serving plates. Serve straight away with a little cream or vanilla ice cream. Recipe taken from *Pâtisserie Made Simple* by Edd Kimber (Kyle, £19.99)



CHOCOLATE & VANILLA BROWNIES

Makes: 25

Prepare: 20 minutes

Cook: 30 minutes, plus overnight cooling time

250g good quality dark chocolate
250g unsalted butter
1 vanilla pod, seeds scraped
300g caster sugar
4 large free-range eggs, beaten
60g plain flour
½ tsp baking powder
Sea salt

70g cocoa powder, plus extra for dusting

1 Preheat the oven to 180°C/Fan160°C/Gas 4 and line a large rectangular baking tin with paper. Place a bowl over a pan of simmering water and add 200g of the chocolate. Stir occasionally, and once melted, remove from the heat. Break the remaining 50g of chocolate into small pieces.

2 Meanwhile, beat the butter, vanilla and sugar together until very light and fully combined. Add the eggs a little at

a time whilst mixing, then once they're all fully incorporated, continue to beat until the mixture increases in volume.

3 Gently fold in the melted chocolate and chocolate pieces, then sift the flour, baking powder, a pinch of salt and cocoa powder.

4 Transfer to the lined tin and bake for 30 minutes – if testing with a skewer, it shouldn't come out clean and will have some mixture still attached. Place somewhere cold to cool, then cover and place in the fridge overnight. The next day, cut into small squares, dust with cocoa and serve.

I SHOULD COCOA

Celebrate Easter with our pick of the most impressive eggs and chocolate gifts

1. Thorntons Hazelnut Brownie Egg, £15 thorntons.co.uk
2. Choc on Choc Chocolate Nest, £7.99 choconchoc.co.uk
3. Bettys Single Origin Grenada Chocolate Egg, £22.50 bettys.co.uk
4. Choc on Choc Chocolate Egg on Toast, £12 choconchoc.co.uk
5. Chocolat Chocolat Personalised Bars, £10.95 for 2 chocolatchocolat.co.uk
6. Tesco Finest Chocolate Bird Egg, £5 **from stores nationwide**
7. Bettys Milk Chocolate Song Thrush Eggs, £6.95 bettys.co.uk
8. Chococo Dorset Dinosaur Egg, £9.50 chococo.co.uk
9. Marks & Spencer Spring Garden of Chocolate Assorted Eggs, £12 **from stores nationwide**
10. Summerdown Mint Chocolate Peppermint Creams, £5.95 summerdownmint.com
11. Bettys Hand-Painted Ganache Eggs, £9.95 bettys.co.uk

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“Craft brewers make the sort of beer they want to drink”

The term craft beer is cropping up all over the place – our beer columnist **Sophie Atherton** unpicks what it really means.



If you're keen on beer you will probably have spotted the phrase 'craft beer' cropping up all over the place. But what does it mean? The beer industry have been

arguing about it for years!

Like the beer culture that goes with it, craft beer is a term we've imported from the USA. There it has a precise definition: 'small, independent and traditional'. The trouble starts with defining 'small'. This currently means a brewer producing less than one-and-a-quarter billion pints of beer annually! To compare, a small UK producer brewing five times a week, year round, would

make less than 375,000 pints. If you find those figures mind-boggling you're getting a good idea of the trouble defining craft beer stirs up.

To me, craft beer is a movement. It's got more to do with a brewer's attitude than the detail of their method or how much beer they make. Basically, a craft brewer loves beer and makes the sort of beer they want to drink. Which brings us back to the USA, where the craft beer movement was born out of despair at the domination of bland-tasting, mass produced lager. Boosted by the legalisation of home brewing Americans started to experiment – firstly with new varieties of hop and then with everything from fruits, spices, yeasts, barrel ageing and whacking great ABVs.

They drew inspiration from UK

brewers, who in turn also drew inspiration from the Americans again – particularly when it came to their hops, which burst with tropical fruit flavours and resinous bitterness quite unlike traditional British hops. Many now consider these flavours typical of craft beers, but in reality the craft beer movement encompasses all kinds of beer with the exception of that produced in a soulless, mechanised way.

Some argue Britain's larger breweries don't make craft beer. But as long as they have the right attitude they can. Craft beer can be both modern and US-inspired but also traditional, as in the flavoursome cask ale Britain is famous for. Nevertheless here's a selection of hip 'n' trendy modern craft beers from the vanguard of the movement.



THE BEERS

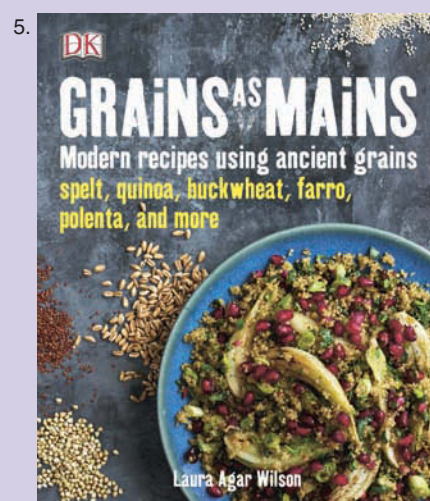
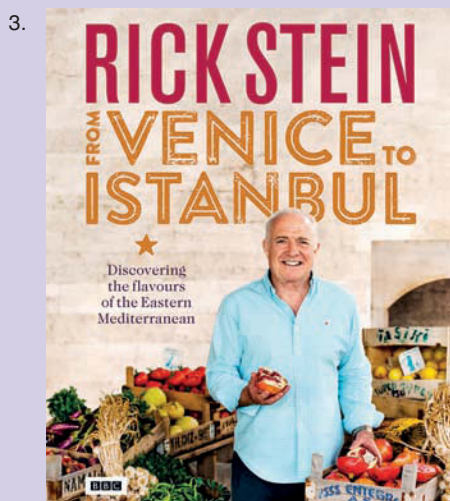
'Early evening reviver': BrewDog, Aberdeenshire Dead Pony Pale Ale (3.8%). Flying in the face of their reputation (they've made several attempts to brew the world's strongest beer) the relatively low ABV makes this a perfect pre-dinner tipple. A riot of passion fruit and mango bitterness revives the palate – and the mind.

'Stairway to heaven': Beavertown Brewery, London Smog Rocket (5.4%). A first class example of how good modern canned beer can be. This subtly smokey, rich chocolatey porter is great with barbecue-style meats, such as pulled pork, brisket and ribs, or utterly delicious by itself. One to savour.

'Stuff of myth and legend': Wild Beer Co, Somerset Shnoodlepip (6.5%). Brewed by pioneers of the British sour beer scene (don't be put off by that – think of the delicious sharpness of sherbet or a tart, fruity sorbet) when I first tasted this beer I thought, "What is going on in my mouth!" A carnival of flavours excites but eventually settles into delightful cocktail of spicy, pink grapefruit. Must be tasted to be believed.

Off the PAGE

Get inspired with our round-up of the month's most tempting reads



1 *Clodagh's Irish Kitchen* by Clodagh McKenna (£19.99, Kyle Books)

Clodagh rather aptly sums up modern Irish cooking as 'clean tasting and fresh dishes using light, subtle flavours to highlight the main ingredient', and that's exactly what is presented in this collection of delicious, Irish-influenced recipes. From Baileys Soda Bread Ice Cream to Wild Nettle Gnocchi with Cashed Blue Sauce, there are dozens of fantastic recipes that all feature Clodagh's magic touch, with beautiful photography on every page.

Out 12th March

2 *Kew on a Plate* by Raymond Blanc (£25, Headline)

You'd be hard pressed to think of a chef more enthusiastic and passionate for seasonal, sustainable, organic produce than Raymond Blanc – so when you pair him up with the highly revered team at Kew Gardens, you're bound to experience a botanical bonanza! This book is perfect for picking up tips, and Raymond knows things like which apple variety is absolutely perfect for a tarte tatin and

which potato makes the best roastie.
Out now

3 *From Venice to Istanbul* by Rick Stein (£25, BBC)

The intrepid chef's newest cookbook chronicles his culinary voyage and sees him start in Venice before travelling to the heart of Greece, discovering the Black Sea flavours of Croatia and finally finishing things in Istanbul, where he unearths the eastern influences of Turkish food. Expect inspiring recipes that gather a collection of the eastern Mediterranean's finest dishes, interspersed with the unique sights and sounds Rick encounters along the way.

Out 9th April

4 *Sesame & Spice* by Anne Shooter (£25, Headline)

Inspired by the cooking of her Jewish family, Shooter masterfully gives classic recipes a contemporary twist, baking a Cinnamon Coffee Cake from the US via Eastern Europe, a Pomegranate Drizzle Cake from Jerusalem and many other

eclectic bakes that will take you on a delightful, delicious journey. Most of the recipes centre around traditional ingredients such as honey, dates, almonds and apples, and the entire book is a great source of inspiration for any baker who likes to think outside the box.

Out now

5 *Grains as Mains* by Laura Agar Wilson (£16.99, DK)

If you're looking to learn about the varieties of grains and seeds available nowadays, this information-rich book of culinary delights should answer all your questions. Giving you essential background detail on ancient grains like buckwheat, quinoa and bulgur wheat – which are becoming increasingly more popular with in-the-know foodies – this recipe-cum-guidebook imparts knowledge that any health-conscious cook will find invaluable. It's the perfect read if you're looking for ways to incorporate nutritious grains into your mealtimes in a fast, delicious way.

Out now



GOOD EGGS

Head chef Daniel Doherty from trendy London restaurant Duck & Waffle shares three ways to make eggs the star of the show



“New season's asparagus, crispy meat and a runny egg are a combination to die for. Here, we have taken out the more familiar pancetta or Serrano ham, and use chicken skin instead”

DUCK & WAFFLE WITH MUSTARD MAPLE SYRUP

Serves: 4
Prepare: 1 day
Cook: 3 hours, 40 minutes

For the cure:

180g salt
180g caster sugar
5g orange zest
Pinch ground cinnamon
1 clove
1 star anise
5 pink peppercorns
20ml brandy

4 duck legs
500g duck fat, enough to cover the legs
Oil, for brushing
Butter, for frying
4 duck eggs

For the waffle:

180g plain flour
10g caster sugar
1 tsp baking powder
½ tsp bicarbonate of soda
Pinch sea salt
180ml buttermilk
35g butter, melted
1 small free-range egg

For the syrup:

200ml maple syrup
25g yellow mustard seeds
1 tsp mustard powder
2.5cm piece cinnamon stick
1 sprig fresh thyme

1. The day before, mix all the cure ingredients together, then rub it all over the duck legs. Store them in a covered container and leave in the fridge overnight.

2. The next day, preheat your oven to 140°C/Fan120°C/Gas 1. Take out the duck legs and brush off all the cure. Place in an ovenproof casserole dish and cover with the duck fat. Put into the oven and cook for approximately 3 hours, or until the meat just falls off the bone. Allow to cool in the fat.

3. To make the waffle mix, put the flour, sugar, baking powder, bicarbonate of soda and salt into a bowl and whisk together. In another bowl, whisk together the buttermilk, melted butter and egg, then whisk this into the flour mixture until just combined. The mixture will be quite thick, which is



Egg Basket

Peck your way through these more exotic varieties

QUAIL – tiny, speckled and tough to peel, but the mini Scotch eggs you can make with them are worth the extra effort

GOOSE – big, rich and creamy, these eggs taste great soft-boiled with asparagus soldiers

OLD COTSWOLD LEGBAR – a pale blue shell really makes these hen eggs stand out, and they contain an extra-rich yolk

BURFORD BROWN – rare-breed hens lay these attractive dark eggs.

They're a popular choice for people who keep their own chickens

TURKEY – tough to find, but the 50:50 ratio of white to yolk looks fantastic when fried

PHEASANT – available April-June, these are very rich and half the size of a hen egg

RHEA – a handful of these huge, exotic birds are kept in the UK. Their eggs are fluffy and great for mousses

OSTRICH – 24 times the size of a normal egg, this behemoth takes 50 minutes to cook!

perfectly normal. Put into the fridge until you are ready to make your waffles.

4. Combine all the ingredients for the syrup in a saucepan and bring to the boil. Take off the heat and leave to cool for the flavours to infuse. Remove the cinnamon and thyme, but leave the mustard seeds, as they add a nice dimension when bitten into.

5. When ready to serve, preheat your oven to 180°C/Fan160°C/Gas 4 and turn on your waffle iron. Heat an ovenproof pan and add the duck legs, skin side down. Once the skin starts to crisp, turn the legs over and put in the oven for 8-10 minutes.

6. Meanwhile, make 4 waffles. Brush the iron with oil and pour a ladle of batter into each mould. Spread it all around, as the mix is quite thick and won't spread on its own. Cook for about 3 minutes, or until golden and cooked through.

7. Put another frying pan on to heat. Melt some butter in the hot pan and gently fry the duck eggs, spooning the hot butter over the yolk right at the end.

8. Serve a duck leg on top of each waffle, with an egg on top of the duck, and maple syrup on the side. When eating, crack the yolk first, then pour over the syrup, otherwise it tends to slip off the egg.

ASPARAGUS WITH CRISPY CHICKEN SKIN & CONFIT EGG YOLK

Serves: 4
Prepare: 20 minutes
Cook: 2 hours

120g chicken skin (approx 4 breasts' or legs' worth)
Sea salt and freshly ground black pepper
2 bunches asparagus
4 egg yolks
Olive oil, to cover
20g butter
1 handful pea shoots
1 tsp oil and sherry vinegar, whisked together

1. The chicken skin and asparagus can be prepared in advance. Preheat the oven to 180°C/Fan160°C/Gas 4. Line a baking sheet with baking paper and spread the pieces of skin out so they are completely flat. Season with salt, then cover with another sheet of paper. If you have another baking sheet, place it on top so the pieces of skin stay flat and thin. Place in the oven for about 20 minutes – you're looking for a crisp skin that's golden brown. Take out and cool on a rack.

2. Prepare your asparagus by removing the little ears on the



“In America this is called ‘toad in the hole’, and in New Zealand it’s called ‘frog in the pond’, but for obvious reasons we couldn’t use the first name”

stalks (some people like to peel it with a peeler, but I think this produces too much waste) and cutting about 5cm from the base (where it begins to be woody). Blanch the asparagus in salted boiling water for about 30 seconds, then refresh in iced water and drain.

3. To confit the egg yolks, preheat your oven to 65°C/Fan45°C/Gas ½, an hour before serving. Separate the

eggs, making sure all the white and membrane is removed, then place the yolks in an ovenproof dish and add enough olive oil to cover them completely. Place in the oven for 40 minutes, or longer if you prefer a firmer yolk.

4. Heat a large frying pan and add the butter. When it starts to foam, add the asparagus and allow to colour a little, but no more than 3 minutes.

5. To serve, arrange your asparagus on a plate, with a confit egg yolk in the centre and shards of crispy chicken skin around. Season with a little salt and pepper and finish with the pea shoots, and drizzle all over with the sherry dressing.

DUCK EGG IN A BRIOCHE BASKET

Serves: 2
Prepare: 5 minutes
Cook: 10 minutes

2 tbsps olive oil
2 slices brioche, 2.5cm thick
2 duck eggs
40g Gruyere cheese, grated
20g butter
3-5 truffle slices per person
6 small fresh basil leaves
Sea salt and freshly ground black pepper
1 handful watercress

For the dressing:
15ml olive oil
15ml sherry vinegar

1. Preheat the oven to 160°C/Fan140°C/Gas 3. Heat the olive oil in a large ovenproof frying pan over a medium heat. Using a biscuit cutter, cut a 5cm hole in the centre of each slice of brioche. Add the brioche to the pan, and crack a duck egg in the middle of each one. Allow the eggs to start cooking on the base.

2. As soon as the white starts to firm up, scatter the cheese all over both brioches and add the butter to the pan. Place in the oven for approximately 3-6 minutes, depending on how you like your eggs – the cheese should be melted and the yolk should still be nice and runny.

3. Garnish with the truffle slices and basil leaves, season with salt and pepper and serve with the watercress, drizzled with the oil and vinegar, on the side.

Recipes taken from *Duck and Waffle: Recipes and Stories* by Daniel Doherty (£25, Octopus). Photography by Anders Schønnemann



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Vote for your British foodie favourites and enter our draw to win one of ten state-of-the-art pieces of kitchen kit

Great British Food's Farm Produce Awards are coming and we want you to get involved! The awards were launched last year to celebrate the country's finest home-grown ingredients, as well as the hard-working folk who produce and cook with them – and this year's will be even bigger and better! We've expanded the categories and introduced even more opportunities, so every aspect of British food is covered.

We're asking YOU to vote for your favourite producers, food sellers and services, and in return you'll automatically be entered into our fabulous prize draw to win 1 of 10 top-of-the-range Stellar pans worth £110 each. Voting is open until June 7th and the winners will be announced in our September issue.

You can vote for your favourites online at greatbritishfoodmagazine.com/awards or fill in the form over the page. Make sure your voice is heard!



— THE PRIZE —

We think a good set of pans is probably the most important thing a good cook can splash out on – it's a great investment that will last for many years to come. Cookware expert Stellar has taken a fresh approach with its



new Tate collection, resulting in an innovative cookware range that's extra safe, easy to store and stylish to boot.

Most interestingly, the casseroles and saucepans have a unique, perfectly flat lid, enabling pans to easily stack on top of each other. It's also transparent, so leaves a clear field of vision for you to see how your food is looking without lifting the lid. Draining is also safer and easier as the special design has a handle that locks to the main pan handle; this, combined with the pouring lips, allows liquids to be safely poured away so there is no need for a colander.

The 18/10 stainless steel range

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To be in with the chance of winning 1 of the 10 22cm casserole pans, simply fill in the form opposite or vote online at greatbritishfoodmagazine.com/awards



You can also vote online at greatbritishfoodmagazine.com/awards

Voting Form

To be in with a chance of winning an amazing prize, tick for your favourite in each category, or if your favourite isn't listed, tick the 'other' box and write in the names of your favourite.

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- ☐ The Natural Cook by Tom Hunt
- ☐ Paul Hollywood's British Baking by Paul Hollywood
- ☐ River Cottage Light & Easy by Hugh Fearnley Whittingstall
- ☐ Social Suppers by Jason Atherton
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- ☐ Darts Farm, Devon
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- ☐ Fodder, North Yorkshire
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- ☐ Knitsley Farm Shop, County Durham
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“I had to earn the right to slice bread at the family table!”

Renowned chef Raymond Blanc talks to us about growing vegetables in Kew Gardens, his obsession with ethical cooking and how family life shaped him into the cook he is today

One of the most amiable and passionate chefs to grace the culinary world, Raymond Blanc not only cooks food that tastes and looks wonderful, but has a deep understanding of the importance of quality produce too. He burst onto the scene when his Oxfordshire based restaurant Le Manoir aux Quat’Saisons received two Michelin stars, and the man from the small rural village of Besançon in eastern France isn’t planning on hitting the brakes just yet. He recently joined forces with the team at the Royal Botanical Gardens in Kew to create a stunning kitchen garden, which showcases the heritage and botany of Britain’s favourite plants, as well as uncovering some growing and cooking secrets.

★ **We had a bit of a rough time when fast food was really popular in Britain.** But that’s all changed, and chefs are now really lucky as everyone’s more aware of what they’re eating. All food has nutritional information on the packet and we’re very conscious of what goes into products. About five years ago the marketers and retailers really wanted to promote food purely on an image basis, there’s been a shift and people are now enjoying the craft and heritage behind food.

★ **There isn’t an obsession with foods full of sugar and additives any more, and we’re also staying away from trans fats.** Food used to be a bit more class-led and there was a lot of snobbery, but now everyone is a lot more knowledgeable when it comes to

what we’re being served. Food isn’t just a commodity; it connects with our cooking, community, science, nutrition and environment.

★ **It’s funny that a French Republican is now growing produce on a former royal plot!** I’m extremely proud of the Kew Gardens project. We’ve grown a garden with around 250 varieties of fruit and vegetables which will be used as a reference point for years to come. The soil at the gardens was like nothing I’ve come across before – it took five years to perfect and was so rich and beautiful. We grew some of the most extraordinary strawberries; they were so plump and flavoursome. However, unbelievably someone managed to steal them – I was devastated! It’s amazing that vegetables are being grown again in this part of Kew, as

it’s been about 150 years since the last plot was on the grounds. I thought it was about time someone planted a few seeds again!

★ **About 20 years ago I introduced a full vegetarian menu at my restaurant and was laughed at.** Chefs are mainly carnivores, and they tend to think vegetarian dishes lack creativity. This is obviously not the case! I’ve always made sure I cook seasonally and that’s why the restaurant is named after the four seasons – I’ve always respected vegetables and gardening and think it would be crazy not to cook with them in mind. Now vegetarian cooking is very popular – at least I know I didn’t jump on the bandwagon!

★ **I had to earn the right to slice freshly baked bread at the family table.** I learnt so much from being brought up by a family that really respected food and growing. We had a huge garden and often my sisters and I would be out there planting and harvesting in the freezing cold, while all my friends were out playing football. Everything was about learning and respecting food and the process behind it. I think that has stuck with me throughout my entire life – I will always be obsessed with the mysteries of the world and the kitchen.



Raymond on...

FUTURE PLANS...

One of my main goals is to create a gardening school at Le Manoir. I currently have 11 gardens in total, but I would love to keep expanding on Le Manoir's glorious two-acre kitchen garden to show people the importance of growing seasonal, organic vegetables.

FIRST TIME COOKING WITH GOOSEBERRIES...

I had never cooked with gooseberries before the project with Kew Gardens and I found them amazing; they're a British classic. I love the original green Invicta variety – the tartness lends itself perfectly to a delicious cheesecake.

JERSEY ROYALS...

Around springtime there is nothing quite like a Jersey Royal potato. Both the taste and texture is outstanding and there's nothing better than a bowl of them served warm with some fresh garlic.

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9 IDEAS WITH... Morel Mushrooms

1 Wild Mushroom Sauce

Fry 2 finely chopped shallots and a chopped garlic clove in a little oil. Add 120g cleaned and roughly chopped morels, season with salt and soften. Pour in a glass of red wine and some chopped thyme leaves. Once thickened, pour over steak, venison or other red meats.

2 Morel Risotto

Soften garlic and shallots in a pan with a knob of butter and a little oil for 15 minutes. Stir in 8 chopped morels, 300g risotto rice and a glug of white wine. Gradually add 1½ litres stock a ladle at a time. Season, then finish with hard cheese and a knob of butter.

3 Breaded Morels

Take whole morels, dip in egg then dredge in well-seasoned flour. Shallow fry in butter and rapeseed oil until golden brown and crispy, flipping once. Eat immediately.

Most farm shops will be selling these super seasonal gems from the beginning of the month – snap them up while you can (they'll be gone by June!) and enjoy Britain's most highly prized mushroom

4 Trout, Morels & Asparagus

Soften shallots and 6 chopped morels in butter, then add a little chicken stock and a glass of white wine. Stir in 300ml double cream, simmer until thickened, then strain and keep warm. Dredge trout fillets in seasoned flour, then fry for 3 minutes each side until golden. Fry chopped asparagus and whole morels in butter, then scatter around the trout, pouring the sauce on top.

5 Wild Mushroom Omelette

Beat 2 eggs in a bowl and season. Roughly chop a handful of morels and fry in a pan with butter, oil and salt. Turn the heat down and pour in the egg. Cook until firm underneath, then add a little grated cheese and fold in half.

6 Morel Soup

Cook shallots in butter until golden. Add 500g chopped morels with some crushed garlic, then a slice of milk-soaked bread. Pour in 700ml vegetable stock and simmer for 10 minutes. Add parsley, then blend until smooth. Stir in double cream and season.

7 Thai Mussel Soup

Add pasta to a well salted pot of boiling water and cook until al dente. Meanwhile, fry 350g chopped morels in butter, then add crushed garlic and snipped chives. Add a little white wine, then pour in cream and simmer. Season, then combine with the drained pasta. Sprinkle with hard cheese.

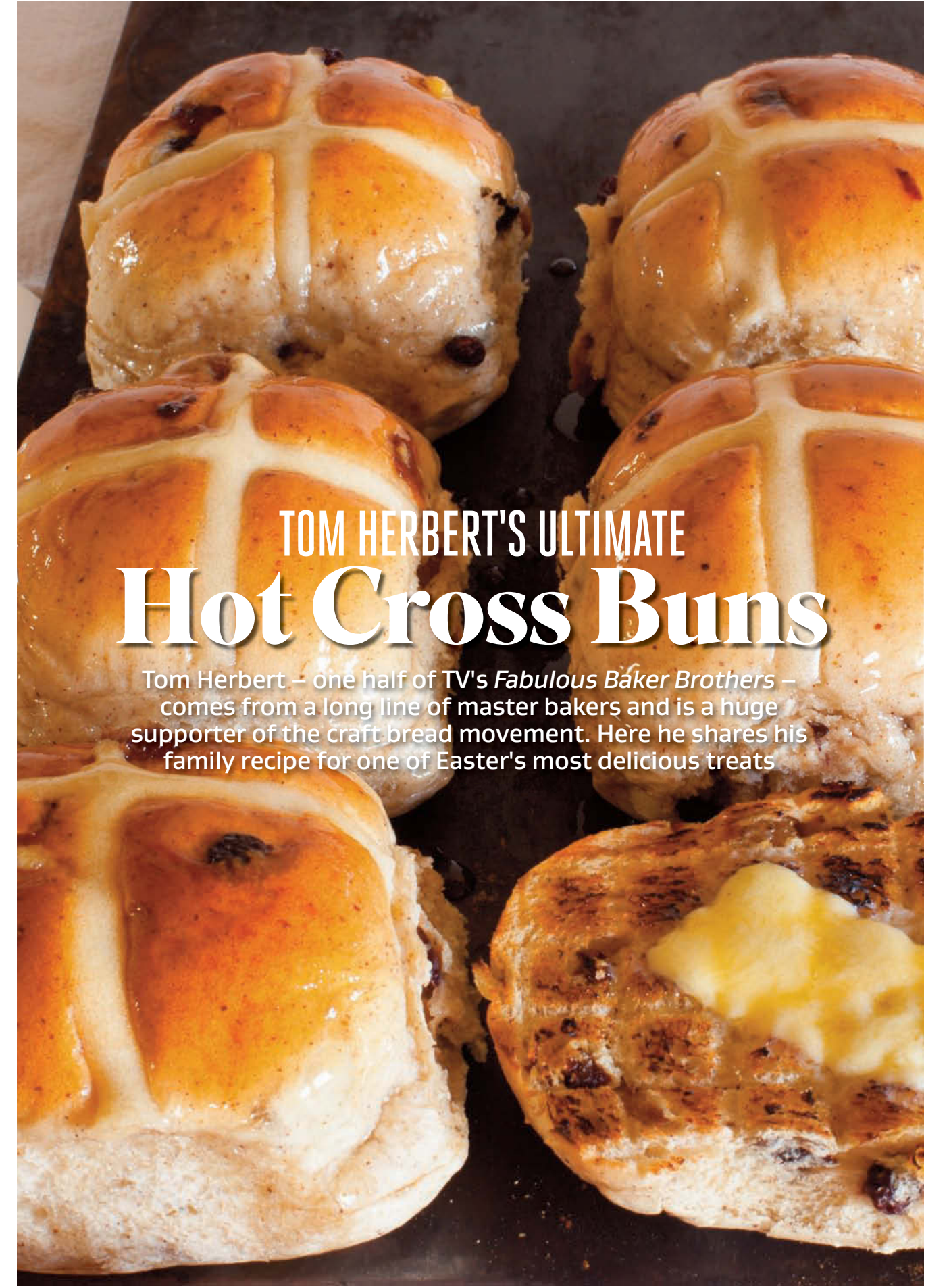
8 Crab-stuffed Morels

Combine 250g cooked crab meat with a beaten egg, 50ml rapeseed oil, 2 tablespoons each of mayonnaise and chopped red onion, the juice of half a lemon and 30g breadcrumbs. Halve at least 12 morels and stuff them with the mixture, then place in an ovenproof dish. Sprinkle some more breadcrumbs on top, then bake in a 180°C/Fan160°C/Gas 4 oven for around 15 minutes.

9 Fried Morel Salad

Fry flour-dusted morels in butter and oil until crispy, then serve with a salad made up of baby spinach, diced onion, thyme, boiled asparagus and peas. Drizzle with oil and lemon juice, then sprinkle with plenty of mature Cheddar.





TOM HERBERT'S ULTIMATE Hot Cross Buns

Tom Herbert – one half of TV's *Fabulous Baker Brothers* – comes from a long line of master bakers and is a huge supporter of the craft bread movement. Here he shares his family recipe for one of Easter's most delicious treats



“The hot cross bun is a British baking institution. From Christmas onwards supermarkets sell pallets of them, usually for less than six for a quid – but once you’ve made your own

there’ll be no going back! A well made hot cross bun should be buttery, slightly sweet and plump with fruit.

This recipe is thoroughly tried and tested, and nearly as good as the ones we make at Hobbs House Bakery – we’ve had a lot of practice though! Here’s wishing you a very happy Easter.”



Makes: 16

Prepare: 30 minutes, plus proving time

Cook: 20 minutes

For the dough:

680g strong white flour
Big pinch of sea salt
70g organic golden caster sugar
80g soft butter
15g mixed spice
1 organic egg
270ml warm water
30g of fresh yeast (or 15g of dried)

For the crossing mix:

100g strong white flour
Pinch of salt and a pinch of sugar
Knob of butter
100ml water
80g currants
80g sultanas
Chopped zest of 1 lemon and 1 orange

For the bun wash:

1 eggcup of boiling water
1 pinch of mixed spice
2 tsp of sugar

1. Grease and line a high sided baking tray with greaseproof paper.

2. Weigh all the dough ingredients into a big mixing bowl, then stir together with a firm hand and a wooden spoon. Once the dough has come together turn onto a flat surface and knead for 15 minutes, until your dough is smooth. Gently work in the fruit and zest.

2. Nestle your well worked dough back into the big mixing bowl, cover and rest in a warm place until it has doubled in size, or for 30 minutes, whichever is first.

3. After this, cut the dough in half, then divide and divide again until you have 16 equalish pieces. In the palm of your hand, firmly round the pieces so they stand pert on your baking tray, a fingers width between them. Again, cover the tin and leave in a toasty place until your buns have doubled in size, this could be up to 50 minutes.

4. Heat your oven to 210°C/Fan190°F/Gas 7. Whisk together the piping mix ingredients in a jug, ensuring there are no lumps, and pour into a piping bag. Cross the buns by piping a lattice of the piping mix across the length and width of the tin.

5. Bake the buns. The very moment they have golden tops and bottoms whip them out and brush with the bun wash – about 20 minutes. Eat while still warm from the oven, smothered in butter and, if you please, jam.

Buy Tom's Hot Cross Buns online at hobbshousebakery.co.uk



3 ways with Hot Cross Buns

1. HOT CROSS BREAD & BUTTER PUDDING

Split and generously butter 6 hot cross buns and arrange roughly in a square baking dish. Pour over some freshly made custard and bake in the oven for 40-50 minutes.

2. EGGY HOT CROSS BUNS

Mix together 3 eggs with 75ml of milk, and a pinch of cinnamon. Split two hot cross buns in half and soak in the egg mixture for a few minutes. When ready to serve, fry the buns in butter until golden on both sides. Serve with bacon and maple syrup.

3. HOT CROSS BUN ICE CREAM

Boil together 300ml double cream, 300ml whole milk and a spoonful vanilla seeds. Allow to cool. In a separate bowl use an electric mixer to beat together 6 egg yolks, 175g caster sugar and a spoonful of vanilla extract. Add to the milk mixture and cook over a low heat until thick. Cool then churn in an ice cream machine according to the manufacturer's instructions. Tear up and toast 4 hot cross buns; when the ice cream has almost finished churning add the pieces. Scrape into a container and freeze.

KIT LIST



Pump up the flavour in your buns with these juicy currants. **£3.52 for 500g** from countryproducts.co.uk



A good quality flour is at the heart of any good bake, and Marriages's Strong White flour is just the thing for hot cross buns. **£1.85 for 1.5kg** from Ocado and flour.co.uk



SPOTLIGHT ON...

Yeo Valley



Take a stroll around Yeo Valley and you're frequently met by friendly smiles and greetings. It's easy to see why – the family farms, the HQ and its garden have created a glowing community nestled in Somerset.

Founded in 1961 by Roger and Mary Mead, the company started with a smallholding of just 30 cows. Now, split between two of the Yeo Valley farms (Holt and Yoxter), there are around 400 cows. Mary can identify every single one; that's just an example of how hands on the family are with their beloved herd. "There have been pedigree British Friesians here at Holt farm for around 25 years now," says Jerry Naish, Yeo Valley all-rounder. "Here at Yeo Valley we think it's very important to ensure you're improving the genetics of your cattle, so they have healthy calves and consistently produce quality milk."

Current owner Tim Mead (Roger and Mary's son) has seen Yeo Valley grow from the small family dairy farm to incorporate a canteen-style restaurant called Fodder, tea rooms, and a six and a half acre organic garden, which provides the freshest seasonal produce for the chefs to choose from, as well as the quirky food and flower displays that bring the space to life. What

As the name suggests, Yeo Valley is not just home to the yoghurt creating, family-run dairy farm; there's even more to discover beyond those undulating green hills

initially started as a project by Tim's wife Sarah about 20 years ago will open its gates to the public for its fifth season this year.

All the ingredients in the kitchen come from local suppliers. When it comes to fish, the Yeo team go to the lake at the bottom of the hill and catch it before sending it on to the Valley Smokehouse the same day. Beers served come from local brewery Butcombe and cider is supplied by the Somerset-based Orchard Pig, so you know your pint hasn't travelled far.

To ensure the organic garden is always flourishing, it is integral that necessary precautions are made. From placing copper rings around plants to deter slugs to using special plants as green manure, many techniques are in place to make sure the garden is winning the battle against pests and the soil is the healthiest it can possibly be. "Without our soil no life would exist – everything we have is because of it," says Jerry. "One grain of soil contains millions

of tiny organisms that work together to create living matter. If we don't have soil, then we don't have grass, if we don't have grass then we don't have cows, and if we don't have cows then we wouldn't have dairy."

It's great to see the story behind Yeo Valley in the flesh, from the growth of its annual meadow to the buzzing bees working away in the hives, and the family couldn't be more enthusiastic about encouraging visitors to see everything for themselves. People can explore the gardens, have a cuppa in the beautiful tea rooms or enjoy lunch at the Fodder canteen. Things to do in the valley are bountiful and there's an undeniable aura of togetherness and tradition in the air. It's exciting to see what happens next.

If you'd like to see Yeo Valley for yourself, join them for lunch, take part in fun cooking demos, or go on a tour of the farm, visit yeovalley.co.uk



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Sunday Best

There's more to Easter than chocolate – for a lot of us, it's all about the lunch! Make yours one to remember with these impeccable mains, including recipes from Heston Blumenthal and Mary Berry



“The combination of lamb with anchovies may sound odd but it really works – the savouriness of the fillets bring out the best in the meat without tasting fishy at all.”

HESTON'S ROAST LEG OF LAMB

Serves: 8

Prepare: 15 minutes

Cook: 2 hours 40 minutes

1.8-2.2kg whole leg of lamb
Sea salt
3 tbsps groundnut oil
12 anchovies in extra virgin olive oil, drained and sliced in half lengthways
6 garlic cloves, peeled and halved (germ removed)
20g fresh rosemary (7-8 sprigs)

For the sauce:

100ml dry white wine
500g Heston from Waitrose Chicken Stock
1 tbsp wholegrain mustard

1. Season the lamb with salt. Heat the oil in a heavy frying pan over a high heat. When the oil is smoking hot, sear the lamb until golden brown on all sides. Remove from the pan and place on a board.

2. Using a sharp knife, cut slits in the surface of the lamb at regular intervals. Use a small spoon to enlarge the holes and stuff them with the anchovies, garlic and half the rosemary.

3. Place the remaining sprigs of rosemary in the bottom of a roasting tin and place the lamb on top. Pour 150ml water into the bottom of the pan and cook as recommended (25 minutes per 500g plus 25 minutes for medium), or to your liking. When cooked, remove the lamb from

the oven, wrap it in foil and allow to rest for at least 30 minutes and no more than an hour.

4. While the meat is resting, make the sauce. Place the roasting tin over a medium-high heat, allow the lamb juices to come to a boil then reduce by half. Add the wine and use a spatula to scrape all the delicious bits from the bottom of the pan. Allow the liquid to reduce by half. Add the chicken stock and, again, reduce by half.

5. Pour off the excess fat then strain the liquid through a fine sieve into a bowl. Stir in the wholegrain mustard then pour into a warm jug to serve with the lamb.

Recipe courtesy of waitrose.com



Top tips

Going down the classic route with a nice big roast? These handy tips will elevate it to the next level

* Whatever you're roasting, leave it to rest while you crisp up the potatoes and make the gravy, to let the meat reabsorb all its delicious juices

* When making roast potatoes, after you've parboiled the spuds leave them to steam dry in the colander for at least 5 minutes, then shake them about a bit. The drier they are, the crispier they'll be after roasting

* Add a little grated horseradish to homemade Yorkshire puddings to complement roast beef; finely chopped tarragon for chicken; mustard for pork or rosemary for lamb

* If you can convince the kids to part with some of their chocolate, get them involved with making the dessert and melt them down for homemade treats



MARY BERRY'S FISH PIE WITH CRUSHED POTATO TOPPING

Serves: 6

Prepare: 15 minutes

Cook: 1 hour 10 minutes

75g butter, plus extra for greasing
 1 large leek, trimmed and cut into 5mm thick slices
 50g plain flour
 600ml hot whole milk
 1½ tbsps chopped fresh dill
 Finely grated rind of 1 lemon
 Sea salt and freshly ground black pepper
 400g hake fillet, skinned and cut into 2.5cm cubes
 400g salmon fillet, skinned and cut into 2.5cm cubes
 200g fresh spinach

For the topping:

800g new potatoes, such as Charlotte, scrubbed
 2 tbsps olive oil, plus 2 tsps for drizzling

1. Grease the baking dish with butter. Melt 50g of the butter in a large pan over a medium heat. Add the leek and fry for 3 minutes or until softened but not browned. Stir in the flour and cook, stirring, for 1-2 minutes. Remove from the heat and gradually pour in the hot milk. Return to a medium heat and stir until boiling, thickened and smooth. Stir in the dill, lemon rind, and some salt and pepper. Add the hake and salmon to the sauce. Cook over a low heat for 2 minutes, stirring gently twice, just to start cooking the fish.

2. Pour the fish mixture into the buttered baking dish and set aside to cool. You can prepare up to this

point 1 day ahead and refrigerate for 8 hours or overnight.

3. Melt the remaining butter in a large, non-stick, deep-sided frying pan or sauté pan over a medium heat. Add the spinach and cook, stirring, for 1½-2 minutes or until it wilts. Drain thoroughly in a colander, pressing down with the back of a wooden spoon to extract excess moisture. Roughly chop and set aside. Preheat the oven to 200°C/Fan180°C/Gas 6.

4. Meanwhile, make the topping: put the potatoes in a large pan of cold salted water and bring to the boil. Cover and simmer for about 15 minutes or until tender. Drain well. Return the potatoes to the pan and, using a fork, break the potatoes down into rough, chunky pieces. Stir in the olive oil and some salt and pepper.

5. Scatter the spinach on top of the cooled fish mixture, then spoon the potatoes over the spinach layer. Drizzle over the remaining 2 teaspoons of oil and bake for 30-40 minutes or until the pie is bubbling at the edges and the topping is golden and crispy.





“I do like this way of roasting a chicken: spreading herb butter under the skin makes the meat extra moist and flavourful. While the roasted bird rests, turn up the oven for really crisp potatoes”

MARY BERRY'S ROAST CHICKEN WITH TARRAGON BUTTER & ROAST POTATOES

Serves: 4

Prepare: 15 minutes

Cook: 2 hours

60g butter, room temperature, plus extra for greasing

2 garlic cloves, peeled and crushed

1 tbsp chopped fresh tarragon, plus

3 extra sprigs

Sea salt and freshly ground black pepper

1.8kg whole chicken

1 lemon, halved

1 small red onion, halved and sliced into about 20 small wedges

For the potatoes:

1kg fluffy potatoes, such as King Edward, peeled and cut into 5cm pieces

3 fresh bay leaves, plus extra to garnish

For the gravy:

1 tbsp plain flour

300ml chicken stock

3 tbsps red wine

1 tbsp redcurrant jelly

1. Preheat the oven to 200°C/Fan180°C/Gas 6. Lightly grease a large roasting tin with butter. Put the butter in a small bowl with the garlic and chopped tarragon and beat together with a spoon. Season.

2. Sit the chicken, breast-side up, on a board and remove any string. Gently pull back the skin over the breasts and spread the tarragon butter under the skin over the flesh. Rub a little plain butter over the legs. Season the outside of the chicken with salt and pepper. Insert the lemon halves and tarragon sprigs in the cavity. Scatter the onion wedges in the centre of the roasting tin and sit the bird, breast-side up, on top. Roast for 50 minutes.

3. While the chicken is in the oven, put the potatoes in a large pan. Cover with cold water and bring to the boil. Add salt and simmer for 5 minutes, then drain well. Return the potatoes to the pan and gently shake it over a very low heat. Set aside.

4. After 50 minutes' roasting, remove the tin, baste the chicken and put the



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4. Falk Copper Roasting Pan, £325, falkculinair.co.uk

potatoes around the bird. Tuck the 3 bay leaves among the potatoes. Return the tin to the oven to roast for a further 50 minutes, turning the potatoes halfway through. When the chicken is done, transfer it to a large, warmed serving platter and cover with foil.

5. Increase the oven temperature to 220°C/Fan200°C/Gas 7. Transfer the potatoes to a small roasting tin and pour over all but 1 tablespoon of the top layer of fat from the large roasting tin, leaving all the juices and the onion behind in the large tin. Baste the potatoes with the fat, so they are coated all over, then return them to the oven to roast for about 10 minutes to get really crisp.

6. Meanwhile, make the gravy: sit the large roasting tin on the hob. Sprinkle in the flour and whisk. Gradually blend in the stock with the whisk and bring to the boil. Simmer for 2 minutes, then stir in the wine and redcurrant jelly until thickened. Season and strain into a jug or gravy boat. Remove the potatoes and sprinkle with salt. Garnish the chicken with bay leaves and serve.

Recipes taken from *Mary Berry Cooks the Perfect...* by Mary Berry (DK, £25)

SLOW COOKED PORK WITH APPLES & CIDER SAUCE

Serves: 4

Prepare: 15 minutes

Cook: 3 hours 30 minutes

1.1kg boneless pork leg or shoulder joint, skin scored
1 tbs olive oil
2 onions, peeled and thickly sliced
1 carrot thickly sliced
4 garlic cloves, peeled and sliced
2 rosemary sprigs, leaves removed
1 bay leaf
300ml dry cider
200ml good quality chicken stock
2 apples, cored and cut into 8 wedges
2 tps redcurrant jelly
10g butter, softened

2 tps plain flour
Sea salt and freshly ground black pepper

1. Preheat the oven to 170°C/Fan150°C/Gas 3. To make crackling, cut off the skin and adjoining fat from the joint. Put it in a dish and pour over just-boiled water. Drain well, pat dry, and season generously with salt and pepper. Leave to one side until ready to cook.

2. Heat the olive oil in a large flameproof casserole and brown the pork for 2 minutes on each side until coloured all over. Remove from the pan and leave to one side. Add the onions and carrot to the pan and cook for 3 minutes, then stir in the garlic, rosemary and bay leaf.

3. Return the pork to the casserole and pour in the cider and chicken stock. Bring to the boil, cover with a lid and transfer the casserole to the oven. Cook for 2 hours, then remove from the oven and add the apples around the pork. Return to the oven for 45 minutes. At the same time put the pork skin in the oven and cook for 1 hour until crisp.

4. Remove the pork and apples from the casserole, transfer them to a warm plate, cover with foil and leave to rest. Turn up the oven to 220°C/Fan200°C/Gas 7 to crisp up the crackling while the pork rests.

5. Skim the fat from the surface of the cooking liquid in the casserole, then strain it through a sieve into a saucepan, pressing the vegetables to remove as much liquid as possible. Stir in the redcurrant jelly and bring to the boil. Cook for 10 minutes or until the sauce has reduced by half.

6. Meanwhile, mix together the butter and flour to make a paste. Reduce the heat to low and stir the paste into the sauce, a little at a time. Season to taste with salt and pepper, then simmer until thickened. Slice the pork and crackling and serve with the sauce spooned over and the roasted apples on the side.

Recipe taken from *The Bay Tree Home Deli Recipes* by Emma Macdonald (£16, Watkins)



TURKEY DELI ROAST

Serves 6

Prepare: 30 minutes

Cook: 1 hour 15 minutes

12 rashers streaky bacon, rind removed
500g British turkey escalopes (about 8)
6 herby sausages
50g pitted black olives
150g Mozzarella, diced
Small handful fresh basil leaves
1 roasted red pepper, diced
1 tbs runny honey

1. Preheat the oven to 160°C/Fan140°C/Gas 4. Lay a large piece of foil on your worktop and brush with oil. Arrange the bacon side by side along the foil.

2. Bash each turkey escalope between two pieces of clingfilm with a rolling pin to flatten slightly, then arrange down the centre of the bacon, slightly overlapping.

3. Remove the skin from the sausages and spread the meat over the turkey to cover. Scatter over the olives, Mozzarella, basil leaves and pepper. Tuck the bacon in at the short ends, then roll up tightly like a Swiss roll. Wrap tightly in the foil and twist the ends to seal completely.

4. Place on a baking sheet and bake for 1 hour. Remove the foil and tip any juices into a small dish. Add the honey to the juices then brush over the bacon. Return the meat to the oven for 15 minutes until the bacon is crisp. Slice and serve with cheesy pasta, scattered with basil leaves.
britishturkey.co.uk

Recipe of THE MONTH

This light and bright rhubarb-topped sponge is the perfect springtime indulgence

STICKY RHUBARB SPONGE

Serves: 8-12

Prepare: 20 minutes

Cook: 1 hour 30 minutes

200g butter, softened
200g caster sugar
4 medium free range eggs
200g ground almonds
150g fine polenta
1 tsp baking powder
Finely zested rind of 1 orange

For the poached rhubarb:

150g caster sugar
Zested rind and juice of 1 orange
400-500g rhubarb, cut into pieces

1. Set the oven to 160°C/Fan140°C/
Gas 3.

2. To make the cake, place the
butter in a bowl and add the
sugar. Beat the mixture

until it's light and fluffy, preferably using
an electric mixer. Beat in the eggs, one at
a time, and fold in the ground almonds,
polenta, baking powder and lemon zest.

3. Spoon the mixture into a 20cm shallow,
round cake tin, preferably loose-
bottomed, buttered and base-lined with
baking parchment and level the surface.
Put the tin on a baking sheet, just in case
any of the butter runs out during baking.

4. Cook the cake in the centre of the oven
for 1-1¼ hours, or until the cake feels just
firm to the touch in the centre. Remove
the cake from the oven and leave it to cool
in the tin for about 5 minutes. Turn it out
on to a wire rack to cool.

5. To poach the rhubarb; pour 150ml water
into a non-aluminium pan. Add the sugar

and the lemon zest and juice. Place the
pan over a medium heat and stir until
the sugar dissolves. Increase the heat
and bring the mixture to a rapid boil for
1-2 minutes.

6. Remove the pan from the heat, and
quickly add the rhubarb to the pan. Cover
and leave the rhubarb for about 10
minutes or until it's softened. Pour the
rhubarb into a bowl and chill it until it's
going to be used.

7. Make sure that the lining paper is
removed from the base of the polenta
cake and top with the rhubarb about 10
mins before serving. Spoon over any juices
to soak into the cake. The cake may be
made up to 2 days in advance, but only top
with the rhubarb just before serving.





April

Jimmy's Farm *Diary*

GBF columnist **Jimmy Doherty** keeps us up to date with the goings on at his famous farm

Spring has arrived and the farm is in a flurry of excitement. It's the official beginning of our trading season and we welcome visitors (and animals!) to the farm in abundance. Easter, holidays and general mayhem ensue and I find myself in a maelstrom of new-born lambs and piglets. The bluebells are covering almost every inch of the woodland – a vibrant blue carpet that takes you to magical lands. We have five goat kids who are probably the naughtiest animals on the farm and will swiftly steal food from any open hand. They bounce around climbing on their mother's backs and charge riotously up and down the paddock. It truly is the season of birth and new life.



New Pastures

The farm has made a huge leap this year with the development of two buildings that will house five new businesses. I can't believe it! We have worked hard in securing like-minded businesses that complement what we do here and should keep visitors entertained for hours. Wild Raspberry Creative Studio is wonderful and has kept both me and my children in a creative mode since it opened. Mosaic, decopage, ceramics, printing – everything – and it's all

inside allowing for the rain to come and go without a worry. A beautiful old fashioned toy and sweet shop is opening its doors too, with daily fudge making displays. I think I'm going to have to curb my sausage and sweet intake rather dramatically! For All Seasons is still here and boasts beautiful garden gifts and accessories – it's a beautiful place to browse through. We're rather stoked to be welcoming Clarkes of Walsham Country and Agricultural Store too – amazing, I really am going to have to hide my wallet!

Farm Life

The gardens are also going from strength to strength as we join forces with Thompson and Morgan, which is going to present its trial gardens here with some incredible species of flowers and vegetables. It's going to be pretty epic with perhaps the world's longest flower wall! It's all certainly worth coming to see.



The pig herd is swelling too. We often get waved at from the train arriving or departing Ipswich as commuters spot our black and white Essex and Saddleback pigs scattering the hillside. I remember dropping my wife at the train station and rushing back to wave at her from the hillside when she used to commute into London. Young love indeed. So, we find ourselves leaping forward in bounds and I sometimes have to pinch myself. Our little farm – from six foot nettles to a thriving rural community. Indeed, the farm has so many marked memories. It has become the fabric of me – from my mid 20s to now entering my 40th year. A lifetime passing through my own agricultural adventure – it truly has been quite extraordinary.

"I think I'm going to have to curb my sausage and sweet intake rather dramatically!"

Bringing the family together at Easter



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GBF FOOD ICON Opies

Best known for its jars of crunchy cocktail gherkins and tiny silverskin onions, Opies has been making delicious pickles and preserves in Kent since 1929. Managing director William Opie tells us the full story

Cocktail lovers, bakers and keen cooks alike are likely to be familiar with Bennett Opies' range of jarred goodies – from its bright red maraschino cocktail cherries (delicious in a Manhattan) and crisp cornichons to delicate capers, pickled walnuts and delicious Chinese stem ginger in syrup. But despite the company's popularity, Opies is strictly a local, family affair; current MD William Opie is the fourth generation of his family to run the business. "We're really proud to be one of the oldest private family-owned food companies in the country," he starts. "Locally at our HQ in Sittingbourne, Kent, we're known as the 'pickle people'; rather fitting we think."

Being based in the heart of the Garden of England, where fresh, seasonal fruits are abundant, means the producer has been spoilt for choice when it comes to sourcing local ingredients, from plump strawberries and gooseberries to fresh onions and juicy apples. "Buying British has always been very important to us," says William. "Our organic apple sauce, for example, contains only the best quality Bramley apples grown organically in local Kent orchards." The Opies story actually began in 1880, when a young Cornish miner set off to make his fortune in London with just £5 in his pocket. Initially selling eggs and bacon in the capital, business prospered so much that by 1912 he was able to start



his own company, with operations moving to Kent in 1929, to keep pace with the glacé cherry production as the Kentish cherry growing industry was thriving at the time.

In the 1950s a new trend for cocktail cherries emerged, and the product is one of Opies' most long-lasting and popular innovations to this day. As the years went on the team introduced cocktail pickles to the range along with sliced lemons, olives and, more recently, sauces and preserves. However, jars of pickled walnuts remain the producer's most unique products. To make them, green or

'wet' walnuts are harvested before shell formation, then cooked and marinated in a special malt vinegar. They're a traditional accompaniment to cheeses, cold meats and salads, but also delicious used as an ingredient whole, diced or sliced in meat, poultry and game dishes.

"We've evolved over the years creating new and exciting products for the ever-changing UK palate and are always looking to bring new tastes and ideas to your tables. We've got lots of plans for the coming year so watch this space!" adds William.

For more information about Opies and lots of tasty recipes visit opiesfoods.com



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THE Ultimate Guide to



CAKE DECORATING

Whether you want to turn cupcakes into works of art or start piping icing like the pros, our ten-page guide has got you covered



Welcome...



It might come as a shock, but I think I've only ever decorated about two cakes in my life, both of them when I was under 12 years old. If you put a £20 note in my hand and told me to go

and get something to serve after dinner, I'd come back with a cheeseboard instead of anything sweet! However, even I can admire the beauty of a well-decorated cake; the amount of talent needed to do something as simple sounding as a smooth layer of icing is incredible, let alone the sugarcraft flowers, butterflies and anything else you could think of. It's like edible Playdoh for adults!

So, instead of trying to bluff my way through something I know takes more skill than I'll ever have, I'm leaving it to the experts. You'll find tips from the people who live and breathe sugarcraft, as well as step-by-step instructions so easy to follow even I can complete them! And if you're in the market for a few new toys, our shopping page contains everything you need to start giving your homemade cakes a professional finish.

Happy baking!

Tom Shingler,
DEPUTY EDITOR

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All the kit you need to adorn your bakes



DELICIOUSLY DECORATED

These simple step-by-step guides and tips are perfect for newcomers to the world of cake decorating

HOW TO... LEVEL, FILL & COAT A CAKE

Ingredients:

2 x 20-cm or 15-cm cakes
1 quantity basic buttercream
Jam (if you fancy it)

Kit:

15-cm or 20-cm cake drum (to match the diameter of your cake)
Icing turntable (optional)
Large, sharp serrated knife
Large palette knife
Side scraper



1. Ensure that your cakes have cooled completely before you begin and that you have removed any baking parchment. Place the first cake onto a cake drum secured with a small dab of buttercream, and mount on an icing turntable (if you have one). The cake drum should be of the same diameter as the cake itself.

2. You should find that your cake has risen to a peak in its centre. If you follow the peak down to the edges of your cake, you should be able to find the point at which the cake started to rise. Lay your serrated knife horizontally at this point and press very gently into the cake.

3. With one hand on your knife and the other laid flat on the top of your cake, hold your knife still but slowly rotate the cake to create a guideline all around the edge. You want to apply just enough pressure to leave an indentation. Continue rotating your cake and allow your knife to press into the cake a little more each time you make a full

turn. By cutting in towards the centre of the cake at all times and holding your knife still, you should get a perfectly level cake without damaging any of the sponge's edges.

5. Repeat steps 1–3 with your other cake. You may find it useful to use your already levelled cake as a height guide for making your first cut to ensure that your 2 cake layers are the same height.

6. Spread a thin coating of buttercream on the cut side of one of your cakes. It is a very common mistake to be over-generous at this point – if you fill your cake with too much buttercream, when it is covered with icing it will develop a bulge around the middle. This is a result of the buttercream 'relaxing' and moving in-between the layers of your cake. You will only need a thin spreading.

7. If you are using jam, spread a thin coating on the cut side of your second cake layer. Ideally,



this should be thin enough that you can still see the cake beneath it. Sandwich your cake layers together (with all fillings in the middle). Ensure that your cake is perfectly aligned and level at the top. If this is a lower tier of a larger cake, it's a good idea to use a spirit level to check the cake is even. It may sound pedantic but it will ensure success!

8. Now for the fun bit, known as crumb-coating as it keeps any crumbs safely within. Dollop a good helping of buttercream on

the top of your cake, which you'll use almost as a reservoir of extra buttercream.

9. Take a generous amount of this buttercream from the top of the cake with a large palette knife and slather it around the sides of your cake, being careful to fill the small gap around the bottom edge of your cake. Spread a very thick layer of buttercream around the whole cake and over the top; use more than you need as the next stage is an exercise in taking away some of the excess.

10. Using a side scraper tool with its long edge pressed against the drum beneath your cake and its short edge stood flush against the work surface, pull the scraper towards you around the cake and remove the excess buttercream. Always scrape towards you so that it is apparent when the scraper needs to be cleaned off – you cannot hope to remove

buttercream from your cake with a dirty scraper. Wipe the excess buttercream from your scraper as often as you need to and continue around the cake until you have perfectly straight sides in line with the drum beneath your cake, which should now appear to be part of the cake itself instead of a covering.

11. Scrape the top edges in towards the centre of your cake in short strokes. Wipe your scraper after each stroke and be careful to check that you are creating a level top. Once you are happy with your crumb-coated cake, refrigerate for 1 hour to set firm before moving on.

12. If you want to create a buttercreamed cake with a more rustic appearance, press the tip of your palette knife against the sides of your cake and rotate the turntable (or the cake drum if you haven't got one). Start at the top edge of your cake and move down the sides gradually with each rotation.



HOW TO... COVER A CAKE IN SUGAR PASTE

Ingredients:

1 x levelled, filled and crumb-coated cake (see previous page)
Fridge-cold sugar syrup (made by dissolving 2 tbsps caster sugar in 2 tbsps boiling water, set aside to cool)
1kg sugarpaste for a 20-cm cake and 750g for a 15-cm cake
Cornflour, for dusting

Kit:

Pastry brush
40-cm non-stick rolling pin (or larger)
Marzipan spacers
Pizza wheel
Straight-edge smoother
Ribbon
Ruler

1. Brush the entire surface of your cooled crumb-coated cake – top and sides – with sugar syrup. Though the cake needs to be cold and set to work with, it also needs to be sticky for the sugarpaste to adhere. Ensure that you brush every part of the cake as dry patches can lead to air pockets appearing. Set aside.

2. Knead your sugarpaste on a clean surface. If you are adding colour to white sugarpaste, do it now. Never use a liquid colour, as it will affect the consistency of the icing.

3. Once you are happy that your sugarpaste is warmed through and malleable, dust your work surface with cornflour and press your ball of sugarpaste – smooth-side-up – down into a large flat disc.

4. Lay your marzipan spacers either

side of your sugarpaste on their lowest height setting. Use your non-stick rolling pin to roll out your sugarpaste in long, fluid strokes. When your sugarpaste is fully rolled out and your rolling pin has reached the top of your spacers, check that you have rolled out a large enough circle to cover your cake.

5. Lift your sugarpaste onto your cake. If you are confident doing this by rolling the paste over your rolling pin, then go for it! You might prefer to slide your hands and forearms underneath the sugarpaste, fingers flat and together so that your hands are flat paddles. With your arms in the centre of the sugarpaste, you can lift quite safely and securely. Using your arms as a centre point, lift your sugarpaste to just above your cake until your arms are in line with the centre and gently remove your arms out to either side, allowing the icing to fall onto the surface of the cake between your arms.

6. Work your hand around the sides of your cake, starting at the top edges and working your way to the bottom, always smoothing in

upwards strokes. Smoothing downwards can put stress on your sugarpaste and cause cracks and tears. You will know that you are done when you can feel the work surface beneath your hand.

7. Leave roughly 2.5cm of excess sugarpaste around the bottom of the cake, then cut away any remaining sugarpaste using a pizza wheel. Press the 2.5cm excess sugarpaste into the bottom edge of your cake using the lower edge of your palm until you can see a distinct line running between the excess sugarpaste and the cake – this is your 'cut here' guide line. By knocking the sugarpaste into the bottom edge of the cake, you will ensure perfect thickness of paste from the top of your cake down. Be bold and run your pizza wheel into this guide line all around your cake.

8. Use your straight-edge smoother to smooth out the surface of your sugarpaste. With the long straight edge of your smoother flush against your work surface and the paddle of the smoother gently pressed against your cake, work your way around the cake 2–3 times and over the top. Don't overdo this as the sugarpaste will start to dry.

9. I recommend that you leave your perfectly covered cake overnight before dowelling, stacking or decorating, in this case with a red ribbon around the bottom. The reason that professional cake designers do this is to allow the sugarpaste time to 'crust over' or dry enough to enable us to handle the cake without fear of causing damage with rogue fingerprints!





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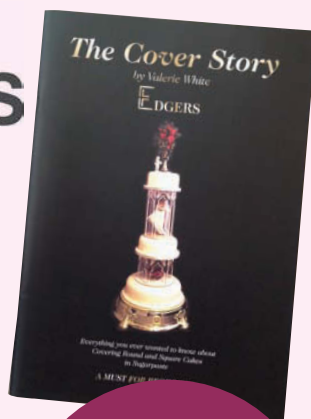


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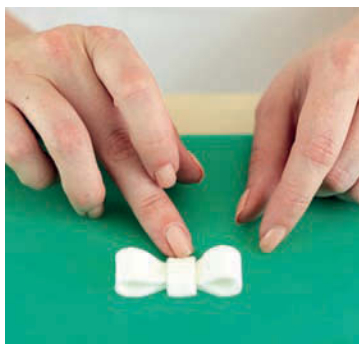


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HOW TO... SUGAR BOWS

Ingredients:

250g sugarpaste, mixed with 1 tsp CMC powder

Kit:

Non-stick board

Small non-stick rolling pin

Bow cutter or a pizza wheel and a

small knife

Small paintbrush

1. Roll out your sugarpaste to around 3mm thick and cut out the sections that you will need to assemble your bow. You can either use a cutter for this, which will cut

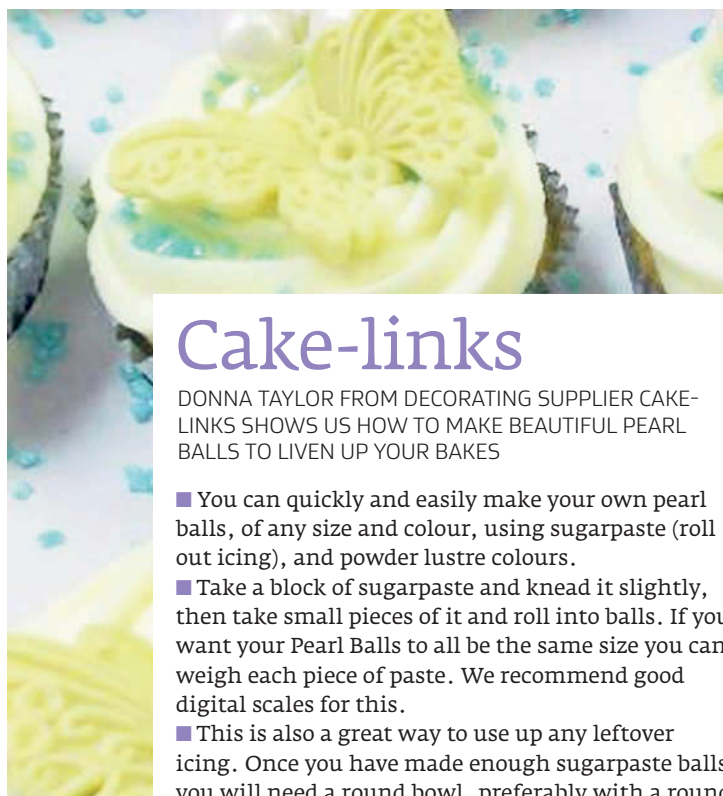
out uniform-sized pieces for each bow, or you can cut freehand using a pizza wheel (see step 2). This guide uses a medium bow cutter by JEM (these are available in smaller and larger versions).

2. To cut a freehand sugar bow, use your pizza wheel to cut a strip 8cm long and 1cm wide. Cut this strip in half and use your knife to cut a triangle from the bottom end of each piece. These now become the tails of your bow.

3. Cut a second strip 10cm long and 1cm wide. With a tiny dab of water in its centre, bring both ends of the strip into the middle to form the ribbon loops of your bow. Cut a small strip of sugarpaste and press this over the central join, wrapping it around to secure underneath the bow so that your ribbon appears to be tied in one long strip.

4. To assemble your bow, first arrange your bow tails on top of your cupcake or onto baking parchment. Bring your ribbon tails into a V-shape with the tops of the tails overlapping. Use a tiny dab of water to secure this overlapped section. Create movement in the tails by gently teasing them into folds with your paintbrush.

5. Dab a little water at the top of your ribbon tails and carefully lay your ribbon loops on top. Press gently on the outer edges of your loops to create movement. This is your bow.



Cake-links

DONNA TAYLOR FROM DECORATING SUPPLIER CAKE-LINKS SHOWS US HOW TO MAKE BEAUTIFUL PEARL BALLS TO LIVEN UP YOUR BAKES

- You can quickly and easily make your own pearl balls, of any size and colour, using sugarpaste (roll out icing), and powder lustre colours.
- Take a block of sugarpaste and knead it slightly, then take small pieces of it and roll into balls. If you want your Pearl Balls to all be the same size you can weigh each piece of paste. We recommend good digital scales for this.
- This is also a great way to use up any leftover icing. Once you have made enough sugarpaste balls, you will need a round bowl, preferably with a round



base, such as a pudding basin or Pyrex bowl. Before you start, make sure that the bowl is completely dry, or the lustre will stick.

■ Add a little lustre powder to the bowl. We like to use Pearl White or Snowflake, both of which give a subtle shimmer and work well with coloured icing.

■ Add the sugarpaste balls to the bowl and gently swill the bowl continuously until the balls are completely covered in the lustre powder. The longer you do this for, the better the results.

■ If you have time, leave them overnight to set off slightly, as this will make it easier for you to place onto your cake. Use them to decorate around the base of cakes, or for added decoration on cupcakes. You can also make them ahead of time, store in a cake box or other non airtight container for up to three weeks. cake-links.com



A PIECE OF CAKE

Jenny from A Piece of Cake shows us how to make a quick and beautiful daffodil to place on top of your cupcakes

1. Cover the top of your cupcake with a circle of green sugarpaste.
 2. To make the daffodil, roll out some yellow sugarpaste (fondant). Use a tool to cut out the daffodil petals. To vein the petals, mark lines down the length of them using a knife, but take care not to cut all the way through. Use a little water to stick the flower to the centre of the cupcake. Slightly lift and shape each petal so it doesn't lay flat.
 3. For the trumpet, make a small teardrop shape with orange sugarpaste. Open the broad end with the handle of a paint brush. Widen the opening by pressing the paste against the side of your first finger. Place the trumpet onto your board and using the flat end of a knife around the top edge, pull outwards firmly to 'roughen' the edge. If the back of the trumpet is too long, cut off the unwanted paste. Using a little water, stick the trumpet to the middle of the petals.
 4. To make the stamens, take a very small piece of yellow sugarpaste and roll into a small, long sausage shape. With fine pointed scissors, cut into the top of the sausage, making small fonds of icing. Push into the centre of the trumpet making sure you don't squash the 'stamens'.
- sugaricing.com

Cake! by Chloe

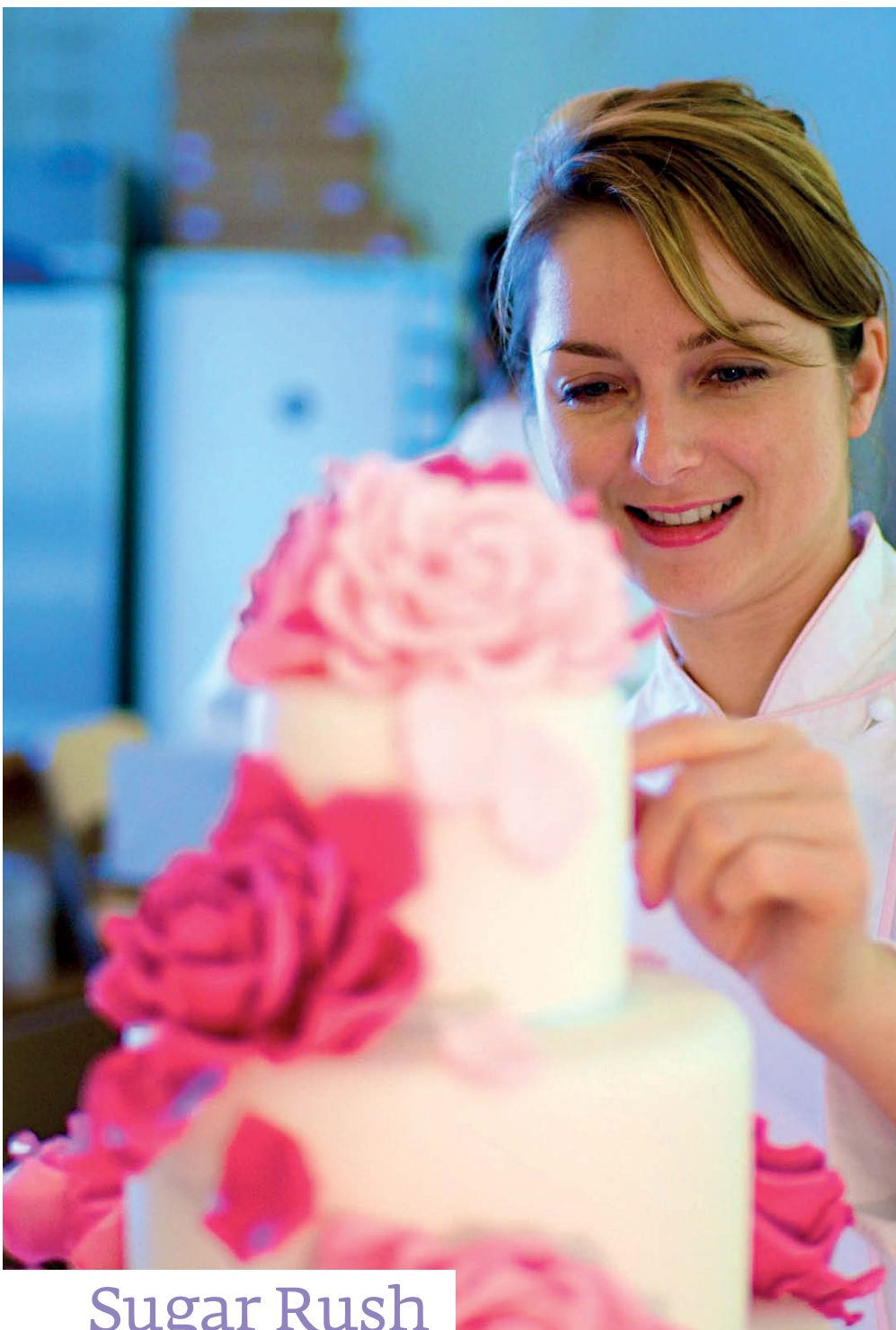
CHLOE HILL-THOMAS, FOUNDER OF BESPOKE BAKING COMPANY CAKE!, SHOWS US HOW TO MAKE A SEASONAL TOPPER FOR ANY EASTER SPONGE

You'll need: Edible glue, a small paint brush, coloured icing (yellow, orange and black) and a standard decorating tool.

1. For the tail, start with a ball of yellow paste. Make into a cone shape and with the cone end, gently pinch and bend up forming the chicks tail. You might have to play around to get the shape.
2. With a new piece of yellow paste, make a ball shape. This is for your chicks head. You may need to play around with the size for it to look correct. Once you are happy with the size, stick in place.
3. To make the wings, make two small cones with the yellow icing and gently flatten into a tear drop shape. At the smaller end of the tear drop, mark three lines with your tool for the feathers. Once made, stick to the side of your chick.
4. Roll two small orange balls for the feet and gently flatten. Using your tool mark in the claws for your chicks feet.
5. To make the beak, roll a tiny orange sausage and using the tool fix to the chicks face carefully bending the beak in half.
6. For the eyes, roll two tiny black balls and stick into place. You could also use poppy seeds.

If you have any questions or need a helping hand, feel free to pop along to the tutorials page on the *Cake! By Chloe* website or send the team an email and they will help in any way they can. cakebychloe.com





Sugar Rush

QUEEN OF SUGARCRAFT AND CAKE DECORATING PEGGY PORSCHEN TELLS US ABOUT THE WONDER OF SUGAR FLOWERS

“When I discovered my love for cake decorating, I also became fascinated with hand-crafted sugar flowers: no other decoration complements a cake quite as beautifully. Not only do sugar flowers look stunning, they provide the perfect way to coordinate a cake with a special occasion. I am often asked to recreate a bride’s bouquet in sugar to adorn her wedding cake, or to match the cake flowers to table centrepieces. Flowers speak a unique language and – just as cakes do – they make people happy.

Learning how to model sugar flowers is not only an enjoyable pastime but also a rewarding skill to master. If you are a complete novice, you may find it challenging at first, but with good preparation, plus patience and practice, you will be amazed at what you can achieve.

If you start making sugar flowers as a regular hobby you will get so much joy from seeing your own progress and the positive feedback from family and friends. Flowers, whether they are fresh or made from sugar, have a unique power to spread joy and happiness.”



EDGE OF GLORY

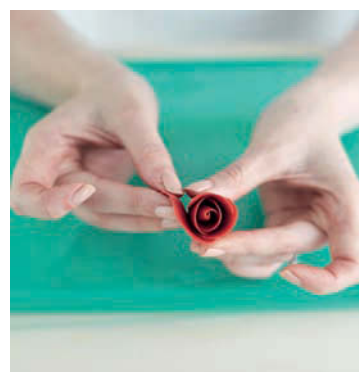
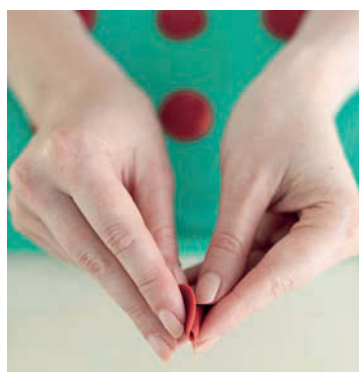
Valerie White owns Edgers, a company which makes tools for smoothing the icing on your cake. Here are her top tips

1. Use our Side Edger or Smedger for perfect vertical sides. They also create a clean finish to the board covering all in one go.
2. Use the Narrow or Broad Curve Top Edger to give a uniform shape to the cake rim.
3. The lovely little Inside Curve Edger is used for those awkward inner curves in things like horseshoe-shaped cakes.
4. The Sharp Top Edger is a firm favourite with many since it produces a ‘royal iced’ look with a sharp rim to a sugarpasted cake. Use the Side Edger and Super Smoother to ‘nip’ the paste to the rim before tidying up with the Sharp Top Edger.
5. Don’t miss out on our book *The Cover Story*. Inside is 60 pages which explain in full picture detail how to get the very best out of your Edgers. There are loads of helpful tips and hints throughout this lovely book.

Email COVER-10 to valerie@edgers.co.uk to receive some great offers exclusive to GBF readers! edgers.co.uk



All 'How-tos' taken from *Deliciously Decorated* by Charlotte White (£16.99, Ryland Peters & Small) with photography from Dan Jones. The book is available to GBF readers for the special price of £11.99 (including postage & packaging) by telephoning Macmillan Direct on 01256 302 699 and quoting GLR CL3



HOW TO... SUGARPASTE ROSES

Ingredients:

150g sugarpaste for 12 roses (you can use sugarpaste with added CMC if you want your roses to hold a little stiffer)

Kit:

Plastic document wallet
Small knife

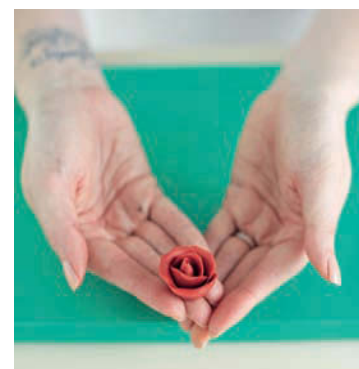
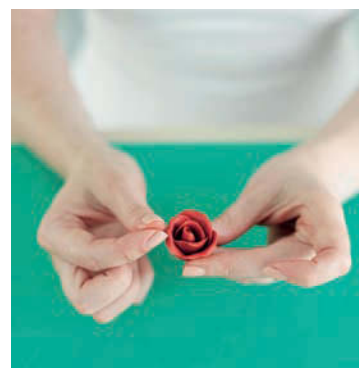
1. Begin by kneading your sugarpaste to warm it up. This guide uses pre-coloured sugarpaste as it gives a fairly deep red colour. Start with white when you are learning though – this is by far the least messy option!
2. Roll your sugarpaste into a sausage shape of around 2cm thickness and cut 6 fat discs 5mm thick using a knife. Lay your sugarpaste discs inside the plastic document wallet, close the wallet and press down gently on top of each disc with your thumb to flatten. You do not need them to be paper thin, just a little bit flatter.
3. Run a fingertip along the top edge of each disc to flatten it further. You do not need to go all

around the disc as we want the top edge to be thinner than the bottom edge. As you form your rose, remember to keep these thin edges as the top edge of what should now look like petals.

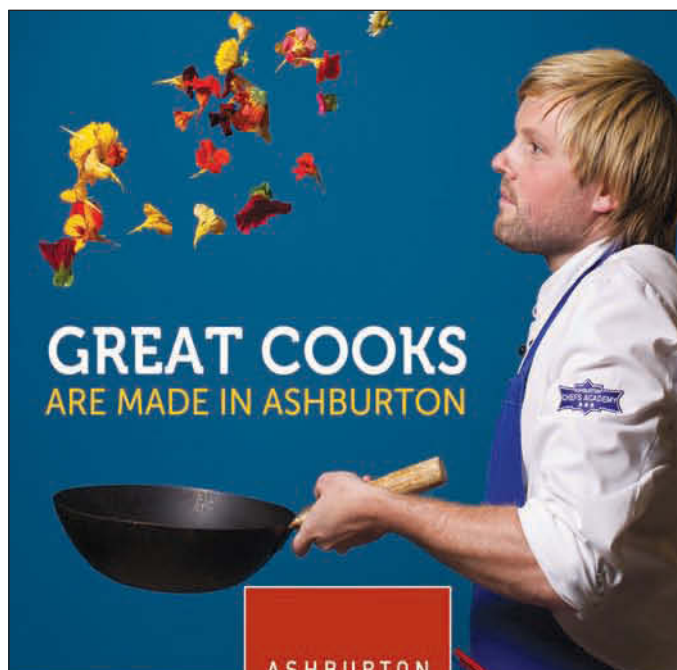
4. Open up your plastic wallet and carefully peel off your smallest disc, rolling it around into a tight coil with the thin edge at the top. This one petal now forms the centre of your rose.

5. Lay another 2 petals evenly around the first to form a second layer of petals. I find it easiest to wrap the second petal around the first and to position the third petal opposite the second. The sugarpaste will adhere to itself.
6. Your remaining 3 petals will make up the third layer of your rose. Wrap these around so that they are evenly spaced. You can now trim the excess sugarpaste away from the bottom of your rose and gently pinch the edges of your outer petals to add movement.

7. Your beautiful sugarpaste rose is now ready. If you would like to create a larger rose, you can always add a fourth layer of petals made



up of a further 4 petals. Add these in exactly the same way as before, wrapping each petal around so that the 4 are evenly spaced around your rose.



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or somewhere that combines all these factors, you'll find that Wyck Hill House is the perfect venue for a weekend stay, romantic getaways, weddings, conferences and celebrations.

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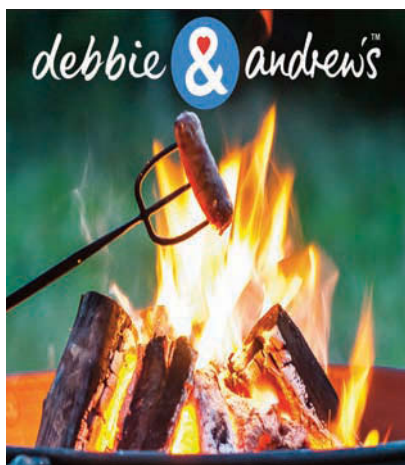
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For full recipe details visit debbieandandrews.co.uk

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*
CHARRED SPRING
VEGETABLES WITH A
WATERCRESS VINAIGRETTE

CHARRED SPRING VEGETABLES * RED ONION & HAZELNUT PIZZETTE
APPLE MOLASSES CAKE WITH HONEY ICING



CHARRED SPRING VEGETABLES WITH A WATERCRESS VINAIGRETTE

Serves: 4

Prepare: 10 minutes

Cook: 1 hour

750g small new potatoes, scrubbed clean
Sea salt and freshly ground black pepper
Extra virgin olive oil
4 organic or free-range eggs
1 bunch of asparagus, woody ends snapped off
Few sprigs each of parsley, mint and tarragon, leaves picked
1 good bunch watercress, roughly chopped
8 cornichons, roughly chopped
2 tbsps little capers
1 tbsp red wine vinegar
1 tsp Dijon mustard

1 Preheat your oven to 220°C/Fan 200°C/Gas 5. Put the new potatoes on a baking tray with a good pinch of salt and pepper and drizzle with olive oil. Once the oven is hot, put the potatoes in to roast for 30 minutes.

2 Put the eggs into a pan, cover with cold water, bring to the boil, then turn the heat off and leave for 7 minutes. Take them out of the pan and run them under cold water. Once they are cool, peel and put to one side.

3 When the potatoes have had 30 minutes in the oven, throw in all but 2 stems of the asparagus, toss to coat in the oil and roast for a further 15 minutes.

4 Combine the herbs and watercress with the cornichons and capers and put them into a jug or jar. Add 3 tablespoons of olive oil, the red wine vinegar and the Dijon mustard, and shake or whisk to mix. Peel the remaining spears of asparagus into long thin strips with a vegetable peeler.

5 Once the potatoes and asparagus are ready, tumble them into a bowl. Chop the eggs and add them to the bowl, then pour over the dressing, scatter with the asparagus strips and toss gently while everything is still hot.

SWEET RED ONION & HAZELNUT PIZZETTE

Makes: 8

Prepare: 1 hour 30 minutes

Cook: 50 minutes

For the dough:

550g light spelt flour (regular bread flour would work too)

1 tsp sea salt

1 tsp dry yeast

A good handful of toasted and smashed hazelnuts

50ml rapeseed oil, plus more for proving

For the topping:

3 red onions, peeled and sliced
Olive oil

400g spinach

A good grating of nutmeg

1 garlic clove, peeled and sliced

1 bunch fresh marjoram or oregano, leaves picked

6 tbsps rapeseed oil

250g soft goat's cheese or Ricotta

Ricotta

Sea salt

1 Weigh all the dry dough ingredients into a mixing bowl. Add 260ml warm water bit by bit, mixing as you go. Then add the oil in the same way. Mix until the whole lot comes together as a dough. Knead until it's stretchy. This will take 15 minutes by hand or 10 minutes if done in a mixer. Don't skip on the kneading, as this is what gives it a great texture. Once it is a smooth, springy ball, put the dough back into the mixing bowl, cover and leave in a warm place to rest for 1 hour or so – it should double in size.

2 Once it has risen, tip the dough on to a clean work surface and divide it into 8 equal pieces. Mould each piece of dough into a tight round roll. Pour some rapeseed oil into a big roasting tin and roll the dough balls around, coating each one with oil. This'll stop them proving into each other and give the pizza base a lush crust. Leave the tin of pizza bases covered in a warm place to rise for another 30 minutes.

3 Fire your oven up as hot as it'll go – anything above 240°C/Fan 220°C/Gas 9. Place a pizza stone or a heavy baking sheet in the middle of the oven to heat up. Fry the onions slow and low for about 15 minutes in a little olive oil, until soft and sweet, then add the spinach and nutmeg. Set aside and chop the garlic with the marjoram until fine and mix with the oil.

4 Once the dough balls have had their final 30 minutes' rise, carefully roll each one into a rough circle, patching up little holes that the crushed hazelnuts might make. Top with the marjoram oil, spoon on the spinach mixture and dot with the goat's cheese or Ricotta. Bake on the pizza stone or baking sheet in the super-hot oven for 8–10 minutes. Serve warm.

APPLE MOLASSES CAKE WITH HONEY ICING

Serves: 10–12

Prepare: 20 minutes

Cook: 1 hour

250g light spelt flour
1 tsp ground cinnamon
Pinch of ground allspice
1 tsp baking powder
1 tsp bicarbonate of soda
1 tsp molasses
150g soft light brown sugar or
150ml maple syrup
2 large free-range eggs
150ml olive oil
3 apples
Thumb-size piece of fresh
ginger, peeled and finely grated

For the icing:

125g butter
2 tbsps honey
200g golden unrefined icing
sugar
Small handful of almonds,
roughly chopped

1 Preheat the oven to 200°C/Fan 180°C/Gas 6. Sift your flour into a bowl with the cinnamon, allspice, baking powder and bicarbonate of soda. In another big bowl, mix the molasses, sugar or syrup, eggs and olive oil until you have a deep, dark mixture. Stir in the flour mixture and mix again, until evenly combined. The mixture should be quite thick. Grate in the apples and ginger and mix well.

2 Butter and line a 450g loaf tin, pour the cake mix in and smooth out the top with the back of a

spoon. Bake for 45–50 minutes, until a skewer poked into the cake comes out clean. Check frequently. If the top looks like it's browning too quickly, cover loosely with foil. Once golden, remove from the oven and cool in the tin for 5 minutes before turning out on a wire rack to cool completely.

3 To make the icing, beat the butter, honey and icing sugar together in a bowl until fluffy. An electric mixer would be helpful here, but start off slow or you'll cover yourself in icing sugar. If you only have a wooden spoon, that'll do. Spread the icing thickly all over the top of the cake, tumble over the shards of almond, and serve with a cup of tea.

Recipe and images taken from *A Modern Way to Eat* by Anna Jones (4th Estate, £25)



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1 tbsp vegetable oil
1 chicken breast (cubed)
1 red pepper, deseeded
and sliced
1 yellow pepper, deseeded

and sliced
4 spring onions, trimmed and sliced
100g mushrooms, sliced
1 sachet Santa Maria Fajita Seasoning
Mix

To finish
4 Santa Maria Soft
Flour Tortillas
guacamole
hot pepper sauce

soured cream

1. Heat the vegetable oil in a wok or large frying pan and stir-fry the chicken for 6-7 minutes (until cooked) then take out and leave to one side while you stir-fry peppers, spring onions and mushrooms for 4-5 minutes. Stir in the Fajita Seasoning Mix.
2. Warm the tortillas, then spread a generous amount of guacamole over each one. Share the mixture between them. Add some soured cream on top. Roll up and serve

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THIS MONTH

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- * Clapham *
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- * Jersey *
- * Northumberland *
- * London *



The Great Escape: MANCHESTER

The shining star of the North West, Manchester is brimming with trendy bars, delis packed to the rafters with local produce and restaurants serving every kind of cuisine



What to see in a day...

Manchester's big, but unlike London it's quite compact and easy to explore without spending most of the day on public transport. A good place to start and get your bearings is Piccadilly Gardens, which is always buzzing and surrounded by shops and restaurants. To get a bird's eye view of the city, hop on the **Wheel of Manchester**

(freijwheels.com) and take in the sights before setting out.

Head north and, unsurprisingly, you'll find yourself in the Northern Quarter; the place to go for the best restaurants, bars and cafés. **North Tea Power** (northteapower.co.uk) is generally regarded as the best place in Manchester for tea and coffee, with trendy baristas bringing you flat whites and exotic loose leaf infusions from all over the world. It's a little off the



beaten path and can be missed as the shop is at the top of a staircase, but it's well worth seeking out if you want something to sip on while pottering about.

The streets of Manchester are filled with clothing boutiques and independent shops just waiting to be discovered, but if you want everything under one roof then the **Arndale Shopping Centre**

(manchesterarndale.co.uk) is a great place to start. The majority of the restaurants inside are chains, but a five minute walk outside will bring you to **Bakerie** (bakeriemcr.com), a wonderful place to sit back, relax and indulge. Big sharing platters are perfect if you're in a group and, as the name suggests, the bread is freshly baked and delicious.

With your stomach well-lined, it's now time to sample some of the city's fantastic pubs and bars. Hop fans should make a beeline for **Port St Beer House** (portstreetbeerhouse.co.uk), where you'll be able to try ales from all over the UK and beyond. If you're looking for something a little more fancy, then **Apotheca** (apothecabar.co.uk) whips up awe-inspiring cocktails with scientific precision in very trendy Victorian-inspired surroundings. For dinner, check out **Common**



(aplacecalledcommon.co.uk), a sister venue to the aforementioned Port St Beer House. Its relaxed, informal menu is mostly made up of large sandwiches, filled with things like Korean pulled pork, homemade charcuterie, grilled cheese and sauerkraut.

What to see in a weekend...

DAY ONE...

Start the day with a trip to **North Star Delicatessen** in Chorlton, or its new second venue, **North Star Piccadilly** (northstardeli.com). Renowned for its artisan sandwiches and a great selection of foodie treats on its shelves, the kitchen is in the centre of the shop and it's a joy to watch the producers at work while nursing a cup of coffee.

Chorlton is a little way out of the centre – about a ten minute taxi ride – but it's home to many of the city's food producers. **Chorlton Green Brasserie** (chorlton-green-brasserie.co.uk) is a fantastic little restaurant serving simple, unfussy food for a great price, and its rolled and slow-cooked pork belly is to die for. **Barbakan Delicatessen** (barbakan-deli.co.uk) is definitely worth popping into (the fresh bread is fantastic), as is new



local pub **The Beagle** (beaglesabout.com) for a bite to eat or a quick drink.

Head back into the centre to explore **Manchester's Chinatown** (manchesterchinatown.org.uk) It's the second biggest in the UK, and even if you're not looking for something to eat it's a great place to wander through, taking in the sights, sounds and smells. Check out **Red Chili** (redchillirestaurant.co.uk) for authentic spicy Szechuan food or **Yuzu** (yuzumanchester.co.uk) for high-end Japanese cuisine.

DAY TWO...

Another morning, another coffee house – **Java Bar Espresso** (javabarespresso.com) is an incredibly relaxing place to slowly get ready for the day over a lovingly crafted cappuccino. If you're looking for something to eat, too, **The Koffee Pot** (thekoffeepot.co.uk) is an unassuming café frequented by the likes of Elbow and other Mancunian royalty. The bacon sarnies are the biggest draw, and while it's largely traditional, new items such as hot salt beef bagels have been added to the menu. Don't be put off by the simple exterior; it's fantastic inside! Once your batteries are fully



Where to Stay

★ The **Macdonald Townhouse Hotel** is smack bang in the middle of Manchester's city centre, making it a perfect base of operations if you've got a few days in the city. The boutique interior gives it a contemporary feel, and the restaurant serves good food if you've exhausted yourself shopping and don't want to go back out again. macdonaldhotels.co.uk

★ **Velvet** is on Canal Street, so if you're looking to be right in the middle of the city's best bars and clubs, you'd be hard put to beat this place. The rooms have all the mod cons you could possibly want – mist-free mirrors, huge beds, bathrobes – and the chic interior design makes them a joy to be in. Perfect for getting ready before a big night out! velvetmanchester.com

★ The **Midland**, home to Simon Rogan's restaurant **The French**, is where you go if you want a bit of pampering. It's famous for its afternoon tea and the surroundings are tranquil, relaxing and calm. The walls also house buckets of history; this is, after all, the hotel where Mr Rolls and Mr Royce first met and decided to start making cars! qhotels.co.uk

recharged, pop into **A Taste of Honey** (atasteofhoneydeli.co.uk) and browse the local produce on offer, including Manchester's own Smokey Carter spice blends and Saba Marina's chutneys and sauces from Didsbury, or pick up a very nice sandwich, freshly made and stuffed with smoked pork loin and spinach.

Marble Arch (marblebeers.com) is Manchester-based Marble Brewery's own pub, and has some great pints on tap. It's usually pretty busy, but if you do manage to get a table it's so good you won't want to leave. The 11 hand pulls feature Marble's own brews as well as plenty of interesting guest ales, and the food served is above and beyond your regular pub grub.

If you're looking for somewhere with a bit more gravitas, then **The French** (the-french.co.uk), Simon Rogan's second restaurant after the double Michelin-starred L'enclume, should be at the top of your list. The menu is exciting and intriguing, reflecting Rogan's dedication to using produce from his own Cumbrian farm, and makes use of cutting-edge ingredients, such as ham fat cream and foraged herbs. It's a bit pricey, but perfect for a special occasion or celebration.

Out & About

Make the most of the warmer weather with a food and drink-focused adventure to one of these fantastic gourmet getaways

A Weekend Away

WHERE? THE WINDMILL, CLAPHAM, LONDON



in quirky, fashionable interiors, and the Master Suite comes with an amazing rolltop bath, double shower, twin sinks and some incredibly stylish lamps, chairs and ornaments. The bed was huge – you could easily sleep four people in it – and it was the perfect retreat after a busy day's shopping and a stroll around Clapham Common.

And the food...

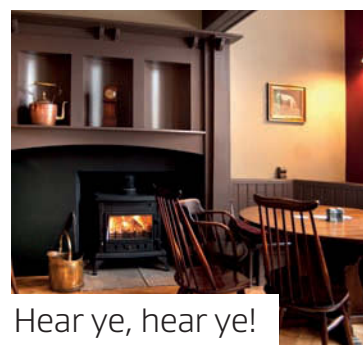
Foams, purées, other fancy techniques and presentations certainly have their place, but when you're hungry on a Saturday night, nothing really beats a bit of decent pub grub! That's exactly what we found at the Windmill; nice, relaxed surroundings with just the right amount of buzzy atmosphere. Starters of smoked duck and hummus with bread made using Young's ale went down a treat, and were followed by a hefty burger and a fillet of delicious plaice. You can tell a lot about a restaurant by the chips it serves, and the ones at the Windmill were some of the best we've had. If you're spending the night, don't miss out on the breakfast; it's delicious and more like a five star hotel than a London pub!

windmillclapham.co.uk



Why we like it?

Staying in a room above a pub usually involves an uncomfortable bed and loud noise from the bar downstairs until the early hours. This isn't the case at The Windmill, one of Young's Brewery's flagship pubs. There are 42 rooms all kitted out



Hear ye, hear ye!

St Mary's Inn, situated in the medieval market town of Morpeth, not only looks the part but boasts some fantastic food too. Championing locally sourced produce and affordable craft beers, an afternoon lunch can easily slip into an evening's drinking spell with friends. If you choose to visit in April then be sure it falls between the 10th and 13th, when the annual Morpeth Northumbrian Gathering takes place. stmarysinn.co.uk



From Cornwall to Hampshire

Rick Stein has opened a new restaurant in Winchester, his first outside Cornwall. Visitors can enjoy classic seafood such as grilled lobster and turbot hollandaise alongside dishes inspired by Rick's travels around the world, including Indonesian curry and Singapore chilli crab. With two courses costing just £19.95, it's affordable and another reason to visit the very picturesque Winchester. rickstein.com

RESTAURANT OF THE MONTH

OYSTER BOX, ST BRELADE'S BAY, JERSEY



The picturesque St Brelade's Bay on the south-western coast of Jersey is home to the seafood revelation that is Oyster Box, an amazing place serving up the best of the island's seafood. The location of this restaurant is a compelling enough reason to visit – positioned right at the edge of the sea, the sound of waves during an evening's dining sets a relaxed and sophisticated mood.

The ambient aura of the Oyster Box with its mouth-watering menu results in a meal you won't be forgetting any time soon. We started the evening with Jersey-based brewery Liberation's signature ale; the balance of the beer's malt base and a flavoursome aroma paired spectacularly with the Brie Fritters with Cranberry, Orange & Cinnamon Chutney. The marriage of food and drink was a theme throughout the evening, with a pinot noir providing the perfect accompaniment to the oysters served in Champagne-butter sauce. It was a pleasure to discover chef Kevin Joseph sources the seafood himself from merchants at Fisherman's Wharf in St Helier, ensuring the restaurant sells the freshest ingredients collected and cooked on the same day. If you're in Jersey and looking for an affordable restaurant that proudly showcases the island's exquisite cuisine, Oyster Box should definitely be at the top of your list. oysterbox.co.uk

Try Something New

Don your white lab coat at London-based BOBO Social's Experimental Burger Society, where you can cook up unusual burgers using some rather exotic meats



The food:

There comes a time in everybody's life when the question, 'what's the most bizarre thing you've ever eaten?' comes up in conversation. Even well-versed foodies may feel their answer isn't as extreme or left-field as it could be, but

BOBO Social aims to put an end to this social predicament with its rather daring Experimental Burger Society.

Diners are invited to the Charlotte Street-based laboratory for an evening of cooking with meats such as zebra, kangaroo, alligator, venison, ostrich and BOBO's very own rare-breed steak all washed down with some seriously creative cocktails.

The class:

To make the evening even more unforgettable, you get to taste all the meats, pair them with a matching wine, get involved with the cookery course and



sample your own bespoke burger. It's already a popular event, so book ahead!

The Experimental Burger Society takes place every Monday from 6.45pm until 9pm. Priced at £35 per person. For more information visit bobosocial.com

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9 Charming Places to Wine, Dine & Stay

Whether you are looking for a restaurant serving the finest cuisine for dinner, a café/bar for lunch with friends, or a hotel/B&B for a relaxing break, you can't go far wrong in considering any of following that are highly recommended by Les Routiers. Enjoy great atmospheres, warm and friendly hospitality, the finest cuisine and best quality drinks within our individual yet unique establishments throughout the UK.

INN OF THE YEAR 2015 Shibden Mill Inn

Shibden Mill Inn is the epitome of the traditional 17th century inn and is a wonderfully peaceful retreat. Nestled in the Shibden Valley surrounded by fabulous scenery and spectacularly peaceful, a visit or stay here is perfect location to 'rest and recuperate' from the ever-increasing hustle and bustle of our daily lives. Simon and Caitlin, and their team of excellent staff, have created an atmosphere of warmth and excellent hospitality coupled with sumptuous accommodation and fine dining cuisine. The stylish, luxury 4-star accommodation incorporates eleven en suite superior bedrooms and suites that offer every comfort you could wish for, and ensuring you will have a relaxing night's sleep. Rich history original features with contemporary, modern day comforts. Room rates include a tasty and satisfying full English breakfast using locally-sourced produce including fresh farm eggs and bacon, the best way to set yourself up for the day!



GUEST HOUSE OF THE YEAR 2015 Strand House

The Strand House offers comfortable guest accommodation in Rye.

Enjoy the quiet, relaxed and calm surroundings in this unique guest house. Hosts, Mary and Hugh, provide a brand of hospitality and accommodation that will make a short stay feel like a holiday, and a holiday like home from home.

The hotel is housed in a historic building, with none of the rooms being the same but all possessing special characteristics. The variety of rooms provides a range of prices and hotel facilities to suit all pockets and requirements.

Strand House is an approved wedding venue in Rye for marriage ceremonies, civil partnerships and the renewal of vows, and this beautiful Tudor house and its garden can be used exclusively for ceremonies. You can also take the entire house for a house party, to celebrate any special occasion.

HOTEL OF THE YEAR 2015 The Talbot Hotel

An eatery and Coffee House is a beautiful Grade 1 listed hotel in the centre of Oundle, one of England's most picturesque and unspoilt market towns located on a meander of the river Nene. As a former coaching inn, The Talbot Hotel has been welcoming guests since 628AD. The hotel's main staircase came from Fotheringay Castle where Mary Queen of Scots was imprisoned and later executed. Following a stunning restoration and refurbishment project, completed in 2012, the hotel now boasts a wonderful mix of the past with 21st century facilities. With 35 bedrooms which include a number of feature rooms and suites, some of which have four-poster beds. The Fotheringay Suite has 2 bedrooms making it an ideal family room. Locally sourced fresh ingredients make for an exciting restaurant experience and home-made cakes ensure the coffee house is always a popular place to be.



CAFÉ & BISTRO OF THE YEAR 2015 The Terrace Café Bar & Bistro

The Terrace Café Bar & Bistro is set in a superb village location, serving a fine selection of French fayre; from paninis for breakfast, light snacks, salads, ciabattas and traditional fish soup with rouille for lunch, to classic French dishes, such as snails, frogs legs, game pie and beouf bourgignion in the evenings - whatever you are looking for, you won't be disappointed. There is also a selection of wines and a fully licensed bar. Al fresco dining is a treat with paella and BBQs, and then there is the music evening, the perfect place to unwind and relax. Eric Poli, owner and head chef of The Terrace Café Bar & Bistro, is well-known and respected in the area for his outside catering, and there is a great demand for his wonderful wedding feasts and all manner of private functions, making him well suited to producing the excellent food you will find on the menus at The Terrace Café Bar & Bistro.

NEWCOMER OF THE YEAR 2015 The Mandolay Hotel

Situated in the heart of the delightful town centre of Guildford The Mandolay Hotel offers everything you should expect from a modern yet traditional hotel. The Mandolay Hotel couples exceptional service with first class facilities and our 72 comfortable bedrooms and exceptional meeting facilities make us the obvious choice for business visitors. For those seeking a leisurely break or family get-together we work closely with many local attractions and we are proud members of Visit Surrey, the organization dedicated to promoting our beautiful county. We have a range of dining options from coffee shop and bar menu to full restaurant service and we are committed to using locally sourced produce wherever possible. Whatever your reason for visiting The Mandolay Hotel we look forward to making your stay with us as enjoyable as possible.



PUB OF THE YEAR 2015 George & Dragon

The George & Dragon exudes the kind of charm and character one can only find at a quality traditional English inn. Its stunning original features, including the beautiful, low-beamed ceilings Inglenook fireplace are still very much intact. Reputedly, George & Dragon is one of the oldest pubs in Sussex with a fascinating past - rumour has it that King Charles II stopped there in 1651 after his defeat at the Battle of Worcester. The beautiful function room catering for all occasions. The George & Dragon's culinary team are passionate about using fresh produce from local suppliers including tasty Sussex cheese. The menu is varied. There is a comprehensive Wine List & Cask Marque approval for the Real Ales. Whether you sit by the fire on a cold winter's evening or dine al fresco while enjoying the incredible views over the South Downs during summer, an unforgettable experience is guaranteed. They have even better views now the deck has been extended.

VENUE OF THE YEAR 2015 The Phoenix Inn

The Winner of the Best Sunday Roast in the UK!

The Phoenix Inn has firmly established itself as one of the finest eateries in Hampshire. A friendly, lovely pub featuring old beams, open fires, lots of nooks and crannies, a light and airy conservatory, and a magnificent yet interesting, established garden. The food is simple, fresh and as much as possible, locally sourced. There are at least 4 real ales always on offer, along with a tasty scrumpy cider. The wine list is well balanced and fairly priced, with 20 wines available by the glass, and there is a Fine Wine selection for those special occasions. The service is relaxed and friendly in an establishment that is steeped in history and synonymous with various Classic Car clubs.



RESTAURANT OF THE YEAR 2015 Fumo

Fumo is the newest concept bar and restaurant from critically acclaimed restaurant group, San Carlo.

Perfect for sharing with friends over a cocktail or two; small plates of Venetian tapas or 'cicchetti' (pronounced chi-KET-tee) are served in a beautifully contemporary setting.

The extensive and varied menu, designed by the team of expert chefs, Italian management and directors; including celebrity chef Aldo Zilli, show off authentic Venetian dishes and Italian flavours at their best.

Situated perfectly between Birmingham's business district and New Street Station the restaurant buzzes with activity day and night.

BED & BREAKFAST OF THE YEAR 2015 The Black Horse

On the Windmill Road, opposite the village hall, you'll find one of the best country pubs in Britain. The Black Horse is a 17th century craftsman's cottage, lovingly extended and refurbished into an excellent village pub that would put many of the London gastro pubs to shame. The village of Fulmer is near Pinewood studios and The Black Horse gets frequent visitors from there. The pub is open all day for breakfast, lunch and dinner and holds events and barbecues in the summer in the charming, spacious garden.

Two newly opened bedroom suites Caviar and Denman have been created with their own unique style and reflect luxury with the most comfortable of beds and softest of linen. Both Suites have fast wireless connection, large wall mounted flat screen TV's along with the very latest state of the art iPod docking station. We also provide a fully stocked mini bar, fluffy bathrobes and a Nespresso coffee machines. Indulge yourself in luxury with our range of Clarins products.



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YORS COLD PRESSED RAPESEED OIL

The Yorkshire-based rapeseed oil producer is approaching its 10th anniversary this year, and its array of oils have come a long way. Both its chilli and smoked oils can now be found in major supermarkets, and more people are making the switch to cooking with rapeseed oil because of the flavours and health benefits.

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RULE BRITANNIA

Check out the latest fabulous British products to hit the shelves



WOOKEY HOLE CAVE AGED CHEDDAR

This is a deliciously distinctive West Country farmhouse Cheddar, made by hand in Dorset and matured deep within the caves at Wookey Hole. It is the atmosphere of the caves that bestow these traditional Cheddars with their unique earthy and nutty flavour. Now available nationwide from supermarkets (ask for it at the deli counter), specialist delicatessens and cheese shops.

£8 for a 850g wedge, £18 for a 1.8kg truckle from fordfarm.com



RIVER COTTAGE COOKERY SCHOOL

Using local and seasonal ingredients, Hugh Fearnley-Whittingstall's award-winning school in Devon is home to over 30 fun cookery courses, which are all led by an expert team of chefs. Spring is a great time of year to visit the farm, and foodies can indulge in such courses as curing and smoking days, seashore foraging and fish cookery classes and bee-keeping tutorials.

For more information visit rivercottage.net

TOWN END FARM SHOP

Fifth generation butcher Chris Wildman has a passion for local food with a story and believes provenance is key. This is apparent as the vast majority of products available in the Town End Farm Shop & Tearoom are from local friends, family and Yorkshire-based artisan producers – from the artwork on the walls to the meat in the casserole! Visit the farm (also home to the popular Yorkshire Chorizo) and take part in monthly pork butchery, curing and charcuterie courses, where you can learn how to produce sausages, pancetta and bacon.

For more information visit townendfarmshop.co.uk



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**"WHY BRITISH BAKING IS
THE BEST IN THE WORLD"**

* LONDON FOOD MARKETS * EAT OUT IN LEICESTERSHIRE *
* PERFECT VICTORIA SPONGE * JERSEY ROYALS *

© IMAGE TAKEN FROM FISHBY MAT FOLAS (£19.99, RYLAND PETERS & SMALL)

DELIS *of the* MONTH

Our monthly showcase of the UK's finest independent stores



APLEY FARM SHOP SHROPSHIRE

Located in picturesque farm buildings and surrounded by beautiful countryside near the market town of Shifnal, Apley Farm Shop is a real foodie destination. As well as offering a huge selection of delicious things produced by small local

producers right on the Apley Estate, it also incorporates a café/restaurant, toy shop, clothes shop, nature trail, animal park and a soft play area called the 'Playbarn'. Highlights include the deli's gorgeous freshly-made pies, pâtés and Scotch eggs, and the excellent selection of local cheeses.

Best Bit? The huge variety of on-site activities makes it great for family days out apleyfarmshop.co.uk

ARDROSS FARM SHOP FIFE

Ardross was named **Retailer of the Year in the 2014 Farm Shop & Deli Awards, and deservedly so.** This

fantastic store was originally set up to provide a farm gate shop for the family's traditionally reared beef; back then it was a tiny operation with just one chest freezer, a calculator and a lot of enthusiasm! Today Ardross stocks absolutely everything a keen cook could ever need, from rare breed bacon to wild Scottish game. The team grow over forty varieties of seasonal vegetables, which are picked by hand, fresh for the shop every morning. **Best Bit?** The dazzling array of seasonal fruit and veg, freshly picked and displayed beautifully ardrossfarm.co.uk



HAMPERS OXFORDSHIRE

This fantastic little shop is at the heart of the small town of Woodstock, specialising in food hampers (as you might guess from the name) and gift sets as well as all kinds of other delicious local edibles. Shoppers can put together their

own hampers from the well-stocked shelves, or pick from a huge range of ready-made selections themed around everything, from wine and cheese to afternoon tea and chilli. The deli counter is always stocked with over 40 varieties of British and European cheeses, plus charcuterie, pork pies and tarts. To complement all this delicious food Hampers also stocks over 40 hand-selected wines as well as a great choice of spirits and local ales, with regular tastings on site. **Best Bit?** The pretty café is the perfect place to sample the deli's offerings hampersfoodandwine.co.uk



CRANSTONS CUMBRIA

Cranstons was set up in 1914 by the current directors' great uncle, Stanley Cranston, who built up a reputation for selling top quality meat products in the Eden Valley from his horse and cart. Things have changed a little since then; brothers

Philip and Roger Cranston now oversee a thriving retail network, including the flagship Cumbrian Food Hall, four traditional butcher's shops, and a busy catering and wholesale service. Although the food hall is a cornucopia of local produce, meat – as you'd expect – is the biggest draw; its famous traditional Cumberland sausage combines 83% coarsely-cut pork with a special blend of herbs and spices and is so popular the team sell more than three miles of it a week!

Best Bit? The meat! You'd be hard pushed to find a more enticing butchery and the staff are friendly and knowledgeable Cranstons.net



Do you have a specialist deli that you want to promote? Contact owen.cook@aceville.co.uk or nathan.kliber@aceville.co.uk



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IN THE KITCHEN WITH... Clare Smyth

The head chef of Restaurant Gordon Ramsay and the first British female to be awarded three Michelin stars tells us her foodie loves and hates

★ Périgord Truffle

This is my favourite ingredient! It has a wonderfully earthy, rich aroma that's unlike anything else. It is extremely versatile and can be cooked and prepared with so many things. It's also a bit of a luxury.

★ Aged Parmesan

Four year old Parmesan is especially good if you can find it. It is packed full of umami, and has a wonderful rich, nutty flavour. As an ingredient it brings a real depth to a dish but is equally good when eaten on its own.

★ Vinegar

I use vinegar on almost everything. From Barolo, to balsamic, to ice vinegars and verjus – I love the acidity and balance that vinegar brings to food. Just a couple of drops to finish a dish can lift it completely.



★ Artisanal Producers

I love working with people that are as passionate about their products as I am about cooking with them. This makes being a chef so much more enjoyable and also, growing up on a farm, I really learnt to respect the hard work and dedication that goes in to producing food. Without good ingredients we simply

would not be able to create top dishes.

★ Fine Wine

For me, no great dining experience is complete without excellent wine to complement it. My favourite region, if I had to choose one, would be Burgundy.



ILLUSTRATIONS BY LOUISE ABBOTT

★ Noisy Kitchens

I cannot stand chefs bashing and banging pots and pans whilst yelling over the top of each other! I much prefer to work in a calm, quiet environment. This is much less stressful and people can actually concentrate on the food and communicate with each other as a team in an effective manner.

★ Patronising Sommeliers

By this I mean sommeliers that are more interested in trying to make you order what they want you to drink and not really listening to what you actually want!

★ Dark Chocolate & Passion Fruit

I know that some people really like these flavours together, but on my palette they totally clash!



★ Food Waste

Again, this is something that's disrespectful towards the products, producers, everyone's hard work and effort. A good chef would never be wasteful and would always be mindful of the environment. Other people might not have food – for me, it all comes down to Karma.

★ Blunt Knives

Blunt knives are dangerous and make the job much more difficult. A well-maintained knife will last a lifetime and is a joy to use. It's also an absolute necessity for preparing ingredients with precision.



Clare Smyth is a key judge in the San Pellegrino Young Chef Competition and will mentor the UK's entrant in the run up to the competition's final in June. For more information, visit finedininglovers.com

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